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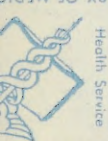
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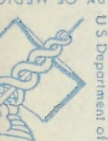
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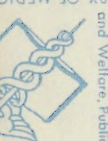
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EATING
VITAMINES



Casimir Funk (Right), Discoverer of Vitamines and associate in Biological Chemistry, College of Physicians and Surgeons, New York, and C. Houston Goudiss (Left) in an animated discussion.

EATING VITAMINES

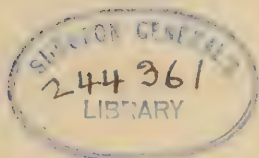
HOW TO KNOW AND PREPARE THE
FOODS THAT SUPPLY THESE IN-
VISIBLE LIFE-GUARDS WITH TWO
HUNDRED TESTED RECIPES AND
MENUS FOR USE IN THE HOME

BY

C. HOUSTON GOUDISS

National Authority on Nutrition

Author of "Food Friends We Neglect," etc.



FUNK & WAGNALLS COMPANY

NEW YORK AND LONDON

1922

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THE OBJECT OF THIS BOOK

is two-fold—to tell about vitamins in terms simple enough to be commonly understandable, and to supply menus and recipes which will enable any housewife to take full advantage of this most important of modern food discoveries.

To thus rank this recent revelation regarding nutrition is in keeping with the verdict of Science. Yet the technical findings of scientific research are not easily comprehended by the average layman. To interpret these in such a way as to provide a clear, complete guide to an adequate vitamin ration in the daily diet is the author's purpose.

Any one of ordinary intelligence who reads this book and follows its guidance may, without further study, gain a workable understanding of a vital subject which must be widely understood before we can hope to reach the highest state of health and physical fitness.

C. HOUSTON GOUDISS.

INTRODUCTION

BY CASIMIR FUNK

Discoverer of Vitamines and Associate in Biological Chemistry, College of Physicians and Surgeons, New York.

In the science of nutrition—notably in the field of vitamines—the results obtained by investigators would be lost to the public at large if their publication were confined to technical, scientific journals. However necessary and valuable such dissemination of discoveries, practical application thereof depends chiefly on the degree to which the people are informed and educated.

In this important task the necessary link between the laboratory worker and the layman is the intelligent popularizer of science—the one who not only knows the difference between such pseudo-discoveries as foster premature or fallacious announcements, and reliable findings, but who is capable of so presenting the last-named as to equip the public with useful knowledge understandingly set forth.

Among such C. Houston Goudiss occupies a prominent place. His clear, forceful style of writing should appeal to the intelligent reader

who wishes to reap practical profits from the revelation of science, and despite the fact that scientific conceptions are in a constant state of flux, his conclusions seem to me to admirably keep pace with these inevitable changes, incident to progressive observation and experimentation.

His familiarity with the needs and wants of the American housewife is of particular value when we come to a consideration of the vital subject of vitamins, for the woman who makes the daily menu is the real first aide to science in the matter of practically applying this discovery.

There is no longer any ground for doubt concerning the place and power of vitamins in matters of health, growth and physical development. It is a subject that has stood the test of ten swift-moving years, and in that time has gained great and justified popularity.

The author's work in "translating" the vitamin into terms of everyday usefulness has been of large value, and now he has extended this service to the first household guide to be offered the American homemaker, whose interest in the health and strength of her family is proverbial. It is a work which should receive widespread welcome and be thoughtfully utilized.

PART ONE

CHAPTER I

Invisible Life-guards—The Story of Vitamines

The speaker was Herbert Hoover. When he rose and walked to the footlights in the famous old Academy of Music in Philadelphia the house rocked with applause. He looked at his audience, then turned to a modest man who had just sat down beside him.

“In my estimation,” he said, “what you have told us to-night is the story of the most important discovery of modern times.”

The modest man thus addressed was E. V. McCollum, of Johns Hopkins, Baltimore,—consulting health-engineer. The discovery was how to keep the human family from starving on a full stomach—to-day, to-morrow and until the end of time. It can be told in five words—

Drink milk; eat leaf-vegetables.

Why?

Because these foods contain something nobody ever has seen, no microscope ever revealed, that may never be seen or revealed, but that human life depends on as surely as the steam-engine depends on steam.

These indefinable elements are called vitamines.

Men can literally starve while eating all the beef they want, or while consuming the correct amounts of protein, carbohydrates and mineral salts. They cannot starve or suffer from imperfect nutrition while recruiting those invisible life-guards the establishment of whose existence Herbert Hoover declared the greatest of modern discoveries.

Nearly all great discoveries have nested in the commonplace. The fall of an apple, the spouting of steam from a kettle, the swaying of a lamp in an old cathedral! It was through the familiar outer covering of a rice grain—which science calls the pericarp—that vitamins became known.

Columbus steered for the Indies and found America; seeking artificial quinine, Perkin stumbled on aniline dyes; looking for the germ-culprit of disease-massacres in the Orient, science learned there was such a thing as the vitamin.

Until Russia and Japan went to war, every one supposed beri-beri was a disease caused by some undiscovered bacillus. For centuries this "scourge of the East"—a racking malady, that riots along the nerves until it paralyzes the heart—had been decimating Japan and China, dusting death among the Pacific isles. All known was that it was commonest among the poor, who lived on rice and fish, and notably rampant after flood or drought had injured the vegetable crops.

During the Russo-Japanese struggle this dis-

ease swept through the Mikado's navy, threatening annihilation. The successors of the Samurai were panic-stricken in their search for a preventive, when somebody recalled how Eijkman, a Dutch scientist, back in 1897 had found—by accident!—that pigeons fed on polished rice developed an illness which resembled beri-beri.

“Resembled?” echoed the war-lords. “Perhaps it was beri-beri—and the rice of our men's ration is polished rice!”

The order went forth immediately, “Serve whole instead of polished rice.”

Beri-beri promptly disappeared.

Did the polished rice contain the germ? Did the pericarp contain something that nullified it? Or did the pericarp contain something without which men were so improperly nourished as to fall easy prey to the disease when borne to them from some other quarter.

Already, in different parts of the world, scientists were quietly pursuing a patient search for the missing link that should bind food to health, happiness and achievement.

It was universally admitted that food was not doing all it should do for man. In primitive ages this was not so; therefore, since Nature had not changed and man had, the fault must lie with the latter.

Our own Franklin had noted the progress of peoples depended, in some measure, on their din-

ing-tables. Liebig, the German chemist, provided means for determining that relation through food-analysis. Others guessed there had been no such malady as malnutrition while the human family passed most of its time in the open and ate chiefly of simple foods in their natural state. But everybody knew that, since the development of civilization, men had regarded food largely as an antidote for appetite or the gratification of the palate.

It was finally agreed that maintenance of life and development of physical forces depended primarily on the proper proportion in the diet of four nutritional elements:

Fats,
Carbohydrates,
Proteins,
Mineral Salts.

Scientists thought they had accurately ascertained what each of these contributed to the needs of the body, but what and how much should be taken for fuel for the stomach-engine—what and how much for bone repair and extension—what and how much for the growth of cells and tissues; this was largely guesswork until, in the '80's of the last century came a wonderful food-mathematician, Atwater by name, who with his calorimeter, measured the human daily food-needs in terms of "calories," a unit of energy arbitrarily fixed, like the minute, the ounce, or the inch.

With the aid of a really marvelous machine, this American scientist found that the average man at a desk required 3,000 calories a day, while the man in the mill often needed 5,000.

It remained to ascertain the number of calories supplied by given foodstuffs. The ideal diet ought inevitably to result.

You would go to your doctor. He would calculate your requirements. Then he would consult his table of food values and select such portions of your favorite dishes as would supply the needed sum.

It was assumed, you see, that the right amount of fats, carbohydrates, proteins and mineral salts was all any one needed. The only thing wrong with the theory was that it wouldn't work! Nutritional diseases didn't diminish, and the most carefully balanced diets failed to produce the desired results. Men, women and children still ate—and starved.

Take two sample cases:

G——, American, banker, aged 41. Underweight. Guided in his diet by a high-priced, conscientious expert, fed exactly the number of calories decreed for him on the basis of the Atwater formulæ. Continues to lose weight.

V——, Italian, laborer, aged 56. Works 8 hours a day, laying sewer-pipes. No regimen. Daily lunch: 4 thick slices of bread, 4 red-ripe tomatoes. Works well, no fatigue, normal maintenance of weight.

Now, there are 1,620 calories in a pound of roast beef, and 75 in a pound of tomatoes. The caloric content of tomatoes is little more than that of spring water colored red.

Evidently, something was wrong with the caloric theory.

Science wondered—and attacked the problem from another angle. It stopped analyzing foods and began to study their effect.

In England, when Hopkins fed his mice and rats on the supposedly perfect diet, they wouldn't live unless milk was added to the ration. Hopkins naturally decided milk contained something necessary to growth, which he called an "accessory food-substance."

In America, the rats of Osborne and Mendel, at Yale, and the pigs of Hart, at Madison, behaved just the way Hopkins' mice were behaving in England. The Americans called the mysterious necessary elements "protective foods."

Funk, a Pole, was experimenting in New York. He fed pigeons on polished rice, as Eijkman had done, and the pigeons, like Eijkman's, developed beri-beri, losing all muscular control. Those left unaided died. But not all were left unaided.

Funk prepared a powder from the rice pericarp. On the tip of a pen-knife blade he placed as much of this as might balance a brass pin in a jeweler's scales. He tapped that whiff of powder down the throats of half the sick birds.



F. Gowland Hopkins, F.R.S., Professor of Biochemistry, University of Cambridge.



E. V. McCollum, Professor of Chemical Hygiene, Johns Hopkins University.

Within a few hours, each bird that had been given the powder was well again, absolutely normal.

Others were making similar experiments. That is the way in scientific work. In Sweden by the Malaren, in England by the Thames, on Lake Mendota in Wisconsin, men were trying to solve the riddle—were, in fact, solving it.

Funk was first to speak.

“There is,” he said in 1912, “a force that exercises vital guardianship over the nutritive processes by which inert food-material is translated into human feeling, thought and action. That force I call *Vitamine*, because it is the warden of health—because it is *necessary to life*.”

“Quite so,” grinned the critics—“but *what is it?*”

And where?

Was it a chemical? Could the laboratory reproduce it?

Here comes into the story our friend McCollum, modest recipient of the praise from Hoover.

Young McCollum was from Kansas; went to Yale; became an instructor in the University of Wisconsin. His hobby was nutrition, and he was one who believed the problem was to be solved by experimentation rather than analysis. This line of attack was the simplified diet, made up of carefully computed amounts of known components, with the addition of one or more purified food

elements. His eye was on man—on you and me and our children—but his immediate aim was to determine whether rations derived from different plants, yet so composed as to seem identical under chemical analysis, would have the same effect on cattle.

If so, there must be something in the theory of fats-carbohydrates-protein-salts-and-nothing-else.

If not,—if things chemically the same had dissimilar effects—there must exist something like the Vitamine—as yet too elusive even for analytical chemistry.

CHAPTER II

The Calves of Destiny

Here enter on the stage of Time—without any fanfare of trumpets—three sets of calves which, in the final estimate of man's benefits, may rank above many a showier act. They were as nearly alike as Nature could make them.

Not in all of ancient Greece were garlanded kine chosen for so important a sacrifice. There was no knife, no altar; only feeding troughs—and here are the menu-cards:

Group A: Corn—grain, stalk, and leaf.

Group B: Oats—"that's all."

Group C: Wheat, and nothing else.

From the standpoint of science these menus, containing like proportions of the supposedly necessary food-elements, should have produced identical results.

They did not, however.

The wheat-fed group grew, but slowly and to gauntness. Their coats were rough and their milk-production would have sent a dairyman to the sheriff. Their offspring were either born dead or died within the hour.

The oateaters developed into fairly good-looking cattle and gave reasonably good milk, but they calved prematurely and bore weaklings, of which only one survived.

But the corn-consumers were all the farmer's heart could desire—splendid milk-givers and parents of strong offspring. This led McCollum to say:

“There is plentifully in corn something that is less plentifully in oats and perhaps is lacking from wheat altogether. What is it?”

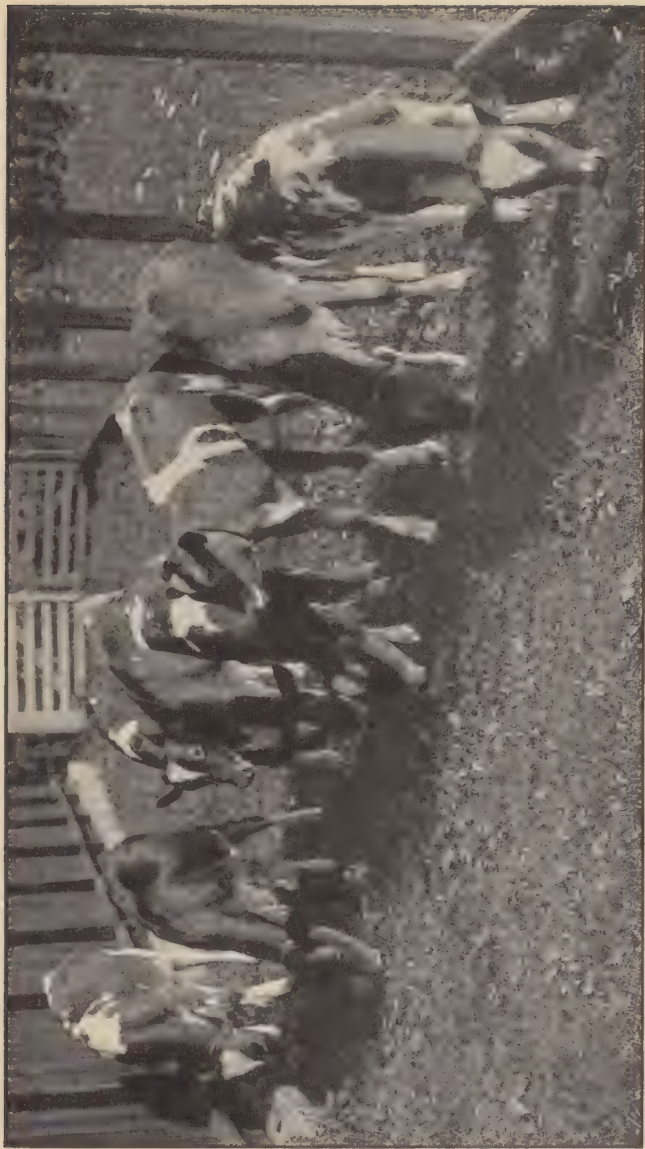
Chemical analysis of the foods wouldn't tell him. Each ration, analyzed, revealed all the known life-maintaining elements.

“We will try minute chemical examination of animal tissues,” said McCollum. “We'll take short-lived animals, or else the experiments will outlast our own life-time.”

He tried rats, like the Englishman, Hopkins. He tried other animals, and proved, first of all, that the elemental food-requirements of all lower animals are the same.

But how about man?

“We must take rats,” McCollum concluded. “They have a rapid life-span, and are uncommonly like human beings. They eat both flesh and vegetable foods, as men do, and in their thirty-six months of life their tissues undergo changes almost identical to those that take place in the human life-span.”



Healthy calves, as nearly alike as nature could make them, were used by McCollum in his search for vitamins. Not in all Ancient Greece were garlanded kine chosen for so important a sacrifice. There was no altar, no knife, only feeding troughs.

He fed the rats a mixture of various seeds. Result: small growth, shortened life. He added butter—and they flourished. Egg yolk and animal fats generally proved as efficacious as butter.

Here, clearly, was a life-guard. Clearly, too, it was related to that in Funk's rice pericarp, so far as its broad functions were concerned.

"We mustn't call it a vitamine," McCollum explained, "because the termination '*amin*' indicates a nitrogenous content. We'll call it 'Fat-soluble A.'"

This element the investigators found abounding in butter, milk, egg yolk and the fats of the glandular organs of fowls and food animals—the liver and kidneys. Of course, these organs may be contaminated by other things: but the element is where they found it. It has been found in certain vegetable fats, but it dwells most abundantly in the green leaves of plants, especially spinach, in the kernels of wheat and corn and in many other vegetable foods.

He experimented further with wheat and found it would not induce growth until another substance was added—in violation of the Eighteenth Amendment. It was obtained by making an alcoholic extract from wheat. This element, born of the resulting combination, was identified with Funk's and called "Water-soluble B."

Do not suppose, however, that these were the results of experiments on a score of animals; they

were the results of experiments on hundreds. Invariably the evidence showed that the only safe diet was one containing both Element A and Element B; polished rice and butter-fat eventually developed beri-beri. Rice pericarp checked the disease, but milk had to be added to the menu to renew growth. So the investigators announced there are two groups of vitamins—for so science will insist on calling them—one soluble in fat, the other in water, and a combination of the two is necessary to health.

Under these definitions the cow becomes the arch-custodian of civilization. To protect her calf until such time as it can forage for itself, she gets her food from the green things that are rich in Element A, to which the mysterious chemistry of her own body adds Element B. Cow's milk contains both solubles—only be sure the milk is scientifically clean.

Vitamins A and B aren't everything, however. Holst and Frölich, Norwegian scientists, first established beyond doubt the existence of a third variety—"Water-soluble C," which is "antiscorbutic," that is, it prevents and cures scurvy. This quality is injured by the drying of the plants containing it, and since it is sensitive to high temperature, cooking destroys it except when the vegetables are young—or when they have so much of it that even canning doesn't eliminate it.

Raw cabbage and tomatoes lead among the "C"

providers, and, next to these, orange juice. Grapes are only one-tenth as satisfactory; lime juice is poor.

Water-soluble C has not yet been detected in yeasts, fats or cereals, but it is found in living vegetables and animal tissue; onions, which lack Vitamine A, are rich in it, and small amounts are found in root-vegetables, tubers and fresh meat. Nor does the cow altogether fail us here; fresh milk contains the third vitamine, but there is more in mother's milk than in the bovine's; Nature intended the calf to eat its own green foods before the age at which the young human begins to order antiscorbutic dishes.

With the vitamines B, A and C the list of the vitamines is by no means exhausted. Improvement in laboratory procedures and increased chemical and dietetical knowledge of our foods will undoubtedly lead to the discovery of more of these elements. At present we can affirm that yeast and other primary materials containing the antiberiberi factor contain at least two vitamines, one the classical antiberiberi vitamine, which retains the designation B for short, and another one, which has been called D by Funk, and which stimulates the growth of yeast and probably other micro-organisms. Whether this new vitamine D also plays a rôle in the metabolism of animals cannot yet be affirmed with certainty.

Similarly the work of Hess, in New York, Noel

Paton, in Glasgow, Paapenheimer and Zucker, McCullom, Park and Shipley points to the strong possibility that cod liver oil contains two vitamins, one which cures xerophthalmia, an eye disease which has been traced to wrong feeding, and is now called vitamine A, and another one, the antirachitic factor. The evidence for this differentiation has been gained mostly in studies on animals, and as soon as the chemical evidence will verify this differentiation, this new antirachitic vitamine will be perhaps baptized with the letter E. Finally, there is strong evidence presented by Funk that some of the animal proteins, like casein or meat, contain again a new vitamine which may have an importance in human nutrition.

When Funk and his co-workers proved there really were such things as vitamins, Science was shocked. For it was conclusively shown that proteins were not all alike; that wheat, from which the "staff of life" is made, would not, alone and unaided, sustain life, and that rations composed of purified substances long supposed to contain everything necessary for health and vigor, wouldn't produce the expected results.

The whole idea of nutrition was revolutionized by the proved existence of things nobody had seen—that nobody, it seemed, would ever dream—yet that as profoundly affected the welfare of man as unseen stars affect the movements of observable planets. What our forefathers possessed through

instinct or gained from the rough experience of the pioneer, civilization had overlooked.

Civilization with all its talk of calories, "artificial meat" and "laboratory foods," was drifting into scurvy, beri-beri, pellagra, tuberculosis—drifting into starvation; and while man was hunting the germs that caused diseases, Nature was piling up for us disease-preventing vitamins in the commonest and cheapest foods!

"The vitamine discovery came at the right time, at a time when our nutrition had drifted farther and farther away from the natural and fresh foods of our ancestors. It came as a result of the instinct of self-preservation," says Casimir Funk.

CHAPTER III

Why Are Vitamines Vital?

What do vitamines do? How do they protect us against enemy bacilli? How promote growth?

Science, convinced of these facts, is now seeking reasons. The present trend of opinion is that our life-processes are guarded by the secretions of the so-called ductless glands—the thyroid, adrenals, the spleen, the pituitary body in the brain—and that vitamines help these glands to function. This help is best supplied through diet. Seek proof in a few instances:

Wells, of the University of Chicago, went for the Red Cross to Roumania. The Austrians had driven off all the cows, the national diet was a scant ration of cornmeal and a thin soup made of bran and vegetables. Eye-diseases were common among the children; many were blind. Wells heard that up in Archangel there had docked a vessel laden with cod-liver oil. He bought the entire cargo; its vitamines saved the Roumanian babies.

Newfoundland fisherfolk suffer from “night blindness.” McCollum suggested that this might be the beginning of xerophthalmia, an eye-disease

due to malnutrition; the people lived mostly on wheat-flour, beans, meat, tea and coffee. Vitamine-bearing milk is being sent to the sufferers, and the disease is decreasing.

The Federal Children's Bureau of the Department of Labor recently stated that 5,000,000 American children, rich and poor, are suffering from malnutrition—not so much underfeeding as wrong feeding. This leads to the natural conclusion that twice as many adults are ignorantly suffering from the same cause; from avoiding the vitamins that are all about us.

Every one has read about pellagra. Known for centuries in Europe, this disease, since 1907, has been steadily increasing in the United States. There are now some 200,000 victims, and the number grows. It occurs chiefly in the south, where the winter diet is largely pork, cornmeal and molasses. Doctors thought the germ was in the cornmeal and called pellagra "the cornmeal disease," but not even heroic investigators could get themselves infected by eating cornmeal exclusively. Now they know the pork-corn diet is not sufficient to nourish the adult, that it lacks vitamins—and in the addition of vitamine bearing foods they are seeking the cure.

Enough of instances. It comes to this:

We must eat to live—but if we eat carelessly we may eat to die.

What must we eat to live?

The fat-soluble life-guard is widely distributed in nature. Spinach alone, even after drying, gave McCollum's rats enough to live on. But it perishes if kept an hour at water's boiling point and is sensitive to that oxidation which is important in canning. As for the water-soluble life-guard, it also is present in nearly all leaf-vegetables.

But can one get enough of these vitamins in green foods to insure all that is necessary to physical well-being and advancement?

No.

Therefore, Time's revised food-creed begins:
"Drink more pure milk!"

The human stomach can't accommodate as much green food as the cow's seven, and she passes her store on to you in milk. Earth's little peoples, like the Japanese, are dwarfed, the scientists declare, because they don't get enough milk and milk's fat-soluble vitamins. No other food so completely supplies the deficiencies of a diet of seeds and their products. And, unless one wants to continue to suffer from malnutrition, there is this to remember about grains:

Cornmeal that has been degerminated, and flour that has been bolted and sifted, are like the rice that has been polished. Their vitamins have been "refined" away for cattle fodder. Communities which were free from deficiency-diseases like scurvy and pellagra before the introduction of refined flours have been known to develop such

diseases since highly refined flours were introduced. In grain, the vitamins lie close to the husk's outer layer, and this outer layer is what the modern milling-processes tear away.

That does not ban bread. Bread made from properly prepared flour, that is, flour in which all or a large proportion of the entire kernel has been preserved, is a vitamin necessity. It has been proved that the diet-choice of the human family is, in many instances, based on a sort of subconscious sense of what the human system needs, and bread has long been the chief among these instinctive choices.

Consider even the yeast that helps to make bread. It is rich in the water-soluble, or anti-neuritic vitamins. And science by long and interesting experiments has shown that the ferment which causes bread to rise generates them in large quantities, and that these vitamins, so supplied in yeast, correct conditions that, unchecked, lead to boils and certain skin-diseases.

Such, in brief, is the message to which Herbert Hoover has assigned so high a place; the message of the vitamins.

However individual scientists may quarrel over the exact part vitamins play in the prevention or cure of disease, they agree that an individual nourished by proper food is strongly fortified against this ever-present foe and that "proper food" is the sort in which vitamins abound.

To secure these priceless benefits we have to do only two things:

1. *Eat the good and palatable food Nature brings within easy reach of nearly all of us.*

2. *Learn the lesson of diet variety, remembering that highly refined foods are safe taken only when plenty of milk and green foods are taken with them.*

Nothing could be much easier! It is simply a matter of giving the same attention to body fuel as to furnace coal; as much thought to food as is bestowed on business or pleasure.

Not to know and practise these rules is to be a physical illiterate.

To learn and use them is to repair the waste of ignorant years, and do everything physically desirable for the coming generation. Thus can we give our children the priceless gift of health and long life.

Of the 5,000,000 American boys and girls the Federal Department of Labor reports as suffering from malnutrition, probably 4,000,000 could be saved from this curse without one cent more being spent on them than now is being spent. For the child you love, health, in ninety-eight cases out of a hundred, is not a question of doctors or climate, but of right food—the pure, the plentiful, the cheap, in your own garden, your own corner market and dairy—right here at home.

Ever since the discovery of vitamins, scientists

and dietitians have noted loss of appetite among the symptoms indicative of vitamine deficiency in the human body. And now, thanks to careful checking up on the part of tireless investigators, it is well-established that these invisible life-guards actually play a large part in promoting appetite.

It has been found that animals fed on a diet deficient in them have invariably suffered loss of appetite, even to the point of absolute refusal of food. Yet as soon as vitamins were added to the daily food portion, appetite began to return, and so long as these elements were present, remained at normal.

These interesting and significant experiments reveal Vitamine B as the appetite control. They evidence the fact that a certain minimum amount of this vitamine is necessary, in order to induce sufficient appetite for food to adequately nourish.

Thus, the patience and perseverance, the vision and faith of these most modern of pathfinders—the vitamine discoverers—have given us knowledge that holds for us a rich and never-ending supply of the wealth that determines all human values—HEALTH.

These quiet, hard-working men—Funk, McCollum, Hopkins and the rest—whose battlefield is the laboratory and whose battle cry is “More life,” deserve to rank among the saints of science, however their modesty would cause them to shrink

from the mere thought of such elevation. With the microscope and midnight oil as their weapons, with knowledge of man's need and faith in Nature's ability to meet that need as their impelling motives, they toiled unpraised, unnoted, to a triumph whose benefits shall outlast those gained on any field of carnage.

Through the dark and narrow valleys of foolish custom and preconceived notions they have led us into broad fields, where now opportunities for the cultivation of human fitness abound on every side. And they have by this widened outlook, emboldened us to hope for still more magnificent opportunities for self-development through enlightened use of those common aids so bountifully supplied by Nature.

Let us reward them for what they have done, by daily application to our own lives and homes of the truths their labors have revealed, so that their monument shall be a self-perpetuating race of men and women whose ascending physical fitness shall lead to new powers of mind and new strength of the spirit that is eternal.

CHAPTER IV

The Health-Magic of Meal Building

We are what we eat. Nothing is truer.

Therefore, the woman who has the menu-making in hand shoulders a real responsibility—one, however, easily handled if she will but learn a few of the fundamental food facts and apply this knowledge in her daily planning of meals.

And within the last few years science has made available so many simple ways and means of getting at these facts as to render this no task at all.

Attention must be given to eight items—the quantity of food eaten; the proportions of protein, fats, carbohydrates, vitamins, mineral salts, cellulose; and the variety of foodstuffs included in the bill of fare.

Let us deal with these in a series of questions and answers.

How much should one eat?

This is not an easy question to answer, since individuals vary. Even two persons of similar weight and habits may differ as to their quantity needs of food, for one may assimilate what is eaten far better than the other.

Ordinarily, a daily average of 2,500 calories per person is a fairly safe figure in a family

which includes children. Some members of the family may require more, others less. Exercise has much to do with such variation.

Persons engaged at hard muscular work need more than those of sedentary occupation. In every case, however, the appetite itself is a fair guide IF the food is thoroughly chewed.

This is a most important point—thorough mastication. It has been proved that food thoroughly masticated not only satisfies hunger in smaller quantity, but is more easily handled in the stomach and intestines.

What about protein?

Protein is the element that provides material for building bone and muscle and repairing worn out tissue. Milk, eggs, cheese, meats, fowls and fish are protein foods. Henry C. Sherman, Professor of Food Chemistry, Columbia University, says the daily need for this element may be measured at one calory per pound of body weight—a person weighing 150 pounds would need 150 calories of protein, which is much less than the average person gets.

Excess of protein is a common fault among modern eaters. Milk, eggs or meat should not be served together at a meal. Cheese should be a main dish when on the menu. Protein putrefies rapidly in the intestines, and when over-eaten is apt to set up serious trouble that may lead to body poisoning.

How much fat is to be eaten?

Fat being fundamentally a heating food—it supplies fuel for warmth and energy—naturally it should be minimized in the warm weather menu and given more prominence in the winter meal lists.

Most authorities agree that two to three calories of fat per pound of body weight is sufficient. But fat is fine as a flavor, and popular with all who like good things to eat and is frequently over-eaten.

Butter is the most suitable form of fat. When it is served other fat dishes should be cut down. One gets a good deal of fat in milk and cream, and in salad dressings made with olive or vegetable oil.

Too much fat leads quickly to indigestion. Better too little than too much.

As to carbohydrates—the starch-giving foods?

Bread, potatoes, cereals and sugar constitute the chief carbohydrate foods, and the average person needs this fuel element in far larger measure than either of the two already mentioned.

From 10 to 13 calories of carbohydrates a day for each pound of body weight is the generally accepted percentage.

Now as to mineral salts?

Although these are needed only in small quantities, the system could not get along without them, especially iron and lime.

Whole cereal grains, green vegetables like spinach, and raisins are rich in iron. The two latter are notably so, and their inclusion in the diet is almost a guarantee of the body getting as much as it requires of this most necessary mineral.

One of the easiest and most agreeable ways to serve raisins is in bread. In many American homes to-day the slogan, "Every other loaf a raisin loaf" is being followed, and in this way the family is assured a sufficiency of a mineral without which the blood is powerless to nourish the body.

Lime (calcium) is quite as necessary in its way as iron, though its function differs. It is a bone builder, and abounds in milk. It also is supplied by certain greens, whole wheat, peas and nuts.

As to vitamins, the preceding pages have given the reader a fair idea of the place they deserve. What, then, of cellulose?

Here is a most important factor which is not food at all, in the ordinary sense of the term.

Cellulose is the woody, indigestible portion of certain fruits and vegetables. It acts as a stimulant to the large intestine, the colon, and facilitates the passage of food waste. It supplies the "roughage" which "sweeps" the stomach and intestines, clearing out lagging matter that would decay and breed disease poisons if not thus hastened along.

Bran is an ideal form of cellulose, and may to

advantage be combined with certain dishes in meals which seem to be lacking in cellulose.

And now we come to a consideration of variety, in itself as vital a factor as any connected with the proper serving of food.

How often we hear the complaint, "I am at my wits' end to know what to have for dinner to-day!" How often this despairing note leads to a repetition of what was served for dinner yesterday or the day before, and thus the home table gets into a rut and if dyspepsia isn't bred by dissatisfaction—or such dissatisfaction doesn't lead to family dissension—it is helped along by an excess of some one or two food elements.

Proper variety is necessary not only on account of the need for a right balance of the elemental food values above enumerated, but also as a stimulant to the appetite. Nor is this a mere matter of fancy, for the pleasure with which the palate hails a welcome dish serves as a call to the stomach to prepare the necessary digestive juices for the food about to descend. Variety, however, can be overdone, as when too many dishes are served at one meal. The best way to provide wholesome variety is by the use of simple menus, each supplying entirely different foods so that by the time one has finished his day's quota all body elements will have been secured.

Of course, such staples as bread, butter, potatoes and milk are "regulars" every day, and it is

right they should be. They are the choice of cumulative experience through the ages, and as such must be respected as the best of "background" foods.

But due advantage should be taken of the changes in the market, as influenced by the changing seasons, and proper attention paid to the manner of serving that which is to be eaten.

The eye is a member to be thought of in connection with food, and the goodness of even a palatable dish may be marred by careless, unattractive serving.

But, before giving a list of well-balanced, vitamin-supplying menus, let us consider the whole list of everyday foods in order to find out just which variety of vitamins each supplies and in what measure.

CHAPTER V

Who's Where in Vitamines

For convenience, the foodstuffs in the following list are alphabetically arranged. The nature and extent of the vitamine content of each is carefully detailed, in accordance with the latest discoveries of science.

Vitamine A. Promotes growth. Occurs in milk, butter fat, livers, kidneys, cod liver oil, egg yolk, spinach.

If lacking in the diet for a considerable time brings on a disease of the eyes sometimes resulting in blindness, as a result of malnutrition. Granulated lids and "sore eyes" are early symptoms.

Vitamine B. Occurs in eggs, milk, yeast, spinach, whole wheat, liver, kidneys, sweetbreads, brains.

If lacking in diet brings on gastro-intestinal troubles, loss of weight, neuritis, breaking down of organic functions, anemia, in extreme cases developing beri-beri.

Vitamine C. Occurs in oranges, lemons, tomatoes, fresh raw cabbage, liver, milk; in smaller quantities occurs in apples, bananas and potatoes.

If lacking in diet makes people irritable and lacking in stamina, as is often found in infants suffering from vitamine malnutrition. In acute cases, the lack of vitamine C results in scurvy.

Vitamine D. This is a yeast growth promoting vitamine which occurs in yeast, wheat, fruits, especially

oranges and lemons, unpolished rice, corn and in most foods that contain Vitamine B. The definite food value of vitamine D in malnutrition has not been determined.

Apples—Contain fat soluble A or growth promoting, water soluble B or antineuritic and water soluble C or antiscorbutic vitamins.

Bananas—Contain fat soluble A or growth promoting, water soluble B or antineuritic and water soluble C or antiscorbutic vitamins.

Barley—Contains fat soluble A or growth promoting and water soluble B or antineuritic vitamins.

Beans (String)—Contain fat soluble A or growth promoting, water soluble B or antineuritic and water soluble C or antiscorbutic vitamins.

Beans (Kidney)—Contain water soluble B or antineuritic vitamine.

Beans (Navy)—Contain water soluble B or antineuritic vitamine.

Beans (Soya)—Contain fat soluble A or growth promoting and water soluble B or antineuritic vitamins.

Beans (Fresh Scarlet Runner, Raw)—Contain water soluble C or antiscorbutic vitamine.

Beef Hearts—Contain fat soluble A or growth promoting and water soluble B or antineuritic vitamins.

Beef (lean)—Contains fat soluble A or growth promoting vitamine (trace).

Beef fat (suet)—Contains fat soluble A or growth promoting vitamine.

Beet Juice—Contains a small amount of water soluble B or antineuritic and water soluble C or antiscorbutic vitamins.

Beetroot (raw)—Contains fat soluble A or growth pro-

moting, water soluble B or antineuritic and water soluble C or antiscorbutic vitamins.

Brains (Calves')—Contain fat soluble A or growth promoting and water soluble B or antineuritic vitamins.

Bran (Wheat)—Contains fat soluble A or growth promoting and water soluble B or antineuritic vitamins.

Brazil Nuts—Contain water soluble B or antineuritic vitamin.

Bread (whole wheat)—Contains fat soluble A or growth promoting and water soluble B or antineuritic vitamins.

Bread (white)—Contains water soluble B or antineuritic—this is questionable.

Butter—Contains fat soluble A or growth promoting vitamin.

Cabbage (fresh cooked)—Contains fat soluble A or growth promoting, water soluble B or antineuritic and water soluble C or antiscorbutic vitamins.

Cabbage (raw)—Contains fat soluble A or growth promoting, water soluble B or antineuritic and water soluble C or antiscorbutic vitamins.

Carrots (fresh raw)—Contain fat soluble A or growth promoting, water soluble B or antineuritic and water soluble C or antiscorbutic vitamins.

Cauliflower—Contains fat soluble A or growth promoting, water soluble B or antineuritic, and water soluble C or antiscorbutic vitamins.

Celery—Contains water soluble B or antineuritic vitamin.

Cereals (germinated)—Contain fat soluble A, or growth promoting, water soluble B or antineuritic, and water soluble C or antiscorbutic vitamins.

- Chard—Contains fat soluble A or growth promoting and water soluble B or antineuritic vitamins.
- Cheese (whole milk)—Contains fat soluble A or growth promoting vitamin.
- Chestnuts—Contain water soluble B or antineuritic vitamin.
- Coconut—Contains fat soluble A or growth promoting and water soluble B or antineuritic vitamins.
- Codfish—Contains fat soluble A or growth promoting and water soluble B or antineuritic vitamins.
- Condensed Milk—Contains fat soluble A or growth promoting, water soluble B or antineuritic and water soluble C or antiscorbutic vitamins.
- Corn (yellow)—Contains fat soluble A or growth promoting and water soluble B or antineuritic vitamins.
- Cottonseed—Contains fat soluble A or growth promoting and water soluble B or antineuritic vitamins.
- Cream—Contains fat soluble A or growth promoting and water soluble B or antineuritic vitamins.
- Dasheen—Contains water soluble B or antineuritic and water soluble C or antiscorbutic vitamins.
- Eggs (fresh)—Contain fat soluble A or growth promoting and water soluble B or antineuritic vitamins.
- Egg Yolk—Contains fat soluble A or growth promoting and water soluble B or antineuritic vitamins.
- English Walnuts—Contain water soluble B or antineuritic vitamin.
- Evaporated Milk—Contains fat soluble A or growth promoting and water soluble B or antineuritic vitamins.
- Fat (beef)—Contains fat soluble A or growth promoting vitamin.

Fat (mutton)—Contains fat soluble A or growth promoting vitamine.

Fish (fat) (salmon, herring)—Contains fat soluble A or growth promoting and water soluble B or antineuritic vitamins.

Fish (white)—Contains a very slight amount of water soluble B or antineuritic vitamine.

Fish (Roe)—Contains fat soluble A or growth promoting and water soluble B or antineuritic vitamins.

Filbert Nut—Contains water soluble B or antineuritic vitamine.

Flaxseed—Contains fat soluble A or growth promoting and water soluble B or antineuritic vitamins.

Grapefruit—Contains water soluble B or antineuritic and water soluble C or antiscorbutic vitamins.

Grapejuice—Contains water soluble B or antineuritic and water soluble C or antiscorbutic vitamins.

Grapes—Contain water soluble B or antineuritic and water soluble C or antiscorbutic vitamins.

Herring—Contains fat soluble A or growth promoting and water soluble B or antineuritic vitamins.

Hickory Nut—Contains water soluble B or antineuritic vitamine.

Honey—Contains water soluble B or antineuritic vitamine.

Kidneys—Contain fat soluble A or growth promoting and water soluble B or antineuritic vitamins.

Lean Meat (Mutton, Beef)—Contains fat soluble A or growth promoting, water soluble B or antineuritic and water soluble C or antiscorbutic vitamins (in traces).

Lemon Juice (fresh)—Contains water soluble B or anti-

neuritic and water soluble C or antiscorbutic vitamins.

Lemons—Contain water soluble B or antineuritic and water soluble C or antiscorbutic vitamins.

Lentils—Contain water soluble B or antineuritic vitamin.

Lettuce—Contains fat soluble A or growth promoting, water soluble B or antineuritic and water soluble C or antiscorbutic vitamins.

Lime Juice (fresh)—Contains water soluble C or antiscorbutic vitamin.

Limes—Contain water soluble B or antineuritic and water soluble C or antiscorbutic vitamins.

Liver—Contains fat soluble A or growth promoting, water soluble B or antineuritic and water soluble C or antiscorbutic vitamins.

Milk (cow's whole, raw)—Contains fat soluble A or growth promoting, water soluble B or antineuritic and water soluble C or antiscorbutic vitamins.

Milk (skimmed)—Contains fat soluble A or growth promoting, water soluble B or antineuritic and water soluble C or antiscorbutic vitamins.

Milk (dried)—Contains fat soluble A or growth promoting, water soluble B or antineuritic and water soluble C or antiscorbutic vitamins.

Milk (boiled whole)—Contains water soluble B or antineuritic and some slight amount of water soluble C or antiscorbutic vitamins.

Milk (condensed)—Contains fat soluble A or growth promoting, water soluble B or antineuritic and water soluble C or antiscorbutic vitamins.

Milk (evaporated)—Contains fat soluble A or growth

promoting and water soluble B or antineuritic vitamins.

Nuts—Contain fat soluble A or growth promoting, and water soluble B or antineuritic vitamins.

Nut Butters—Contain fat soluble A or growth promoting and water soluble B or antineuritic vitamins.

Oats—Contain fat soluble A or growth promoting and water soluble B or antineuritic vitamins.

Oil (peanut)—Contains fat soluble A or growth promoting vitamin.

Oleomargarine—Contains fat soluble A or growth promoting vitamin, depending on the source.

Onions (cooked)—Contain water soluble C or antiscorbutic vitamin.

Onion (raw)—Contains water soluble B or antineuritic and water soluble C or antiscorbutic vitamins.

Orange Juice (fresh)—Contains water soluble B or antineuritic and abundant water soluble C or antiscorbutic vitamins.

Oranges—Contain water soluble B or antineuritic and water soluble C or antiscorbutic vitamins.

Parsnips—Contain fat soluble A or growth promoting and water soluble B or antineuritic vitamins.

Peanut Oil—Contains fat soluble A or growth promoting vitamin.

Peanuts—Contain fat soluble A or growth promoting and water soluble B or antineuritic vitamins.

Pears—Contain water soluble B or antineuritic vitamin.

Peas (dried)—Contain water soluble B or antineuritic vitamin.

Peas (fresh)—Contain fat soluble A or growth promot-

ing, water soluble B or antineuritic and water soluble C or antiscorbutic vitamins.

Pine Nuts—Contain fat soluble A or growth promoting and water soluble B or antineuritic vitamins.

Potatoes (raw)—Contain fat soluble A or growth promoting, water soluble B or antineuritic and water soluble C or antiscorbutic vitamins.

Potatoes (sweet)—Contain fat soluble A or growth promoting and water soluble B or antineuritic vitamins.

Potatoes (cooked)—Contain water soluble B or antineuritic and water soluble C or antiscorbutic vitamins.

Prunes—Contain water soluble B or antineuritic and water soluble C or antiscorbutic vitamins.

Raisins—Contain water soluble B or antineuritic and water soluble C or antiscorbutic vitamins.

Raspberries—Contain water soluble C or antiscorbutic vitamin.

Rice (whole grain)—Contains fat soluble A or growth promoting, and water soluble B or antineuritic vitamins.

Rutabaga—Contains water soluble B or antineuritic and water soluble C or antiscorbutic vitamins.

Rye—Contains fat soluble A or growth promoting and water soluble B or antineuritic vitamins.

Salmon—Contains fat soluble A or growth promoting and water soluble B or antineuritic vitamins.

Spinach—Contains fat soluble A or growth promoting and water soluble B or antineuritic vitamins.

Sweetbreads—Contain fat soluble A or growth promoting and water soluble B or antineuritic vitamins.

Tomatoes—Contain fat soluble A or growth promoting, water soluble B or antineuritic and water soluble C or antiscorbutic vitamins.

- Tomatoes (canned)**—Contain fat soluble A or growth promoting, water soluble B or antineuritic and water soluble C or antiscorbutic vitamins.
- Turnip (white)**—Contains water soluble B or antineuritic vitamin.
- Turnip (cooked)**—Contains water soluble C or antiscorbutic vitamin.
- Turnip juice (swede)**—Contains water soluble C or antiscorbutic vitamin.
- Tuna fish (muscle)**—Contains fat soluble A or growth promoting vitamin.
- Tuna fish (liver)**—Contains fat soluble A or growth promoting vitamin.
- Walnut (black)**—Contains water soluble B or antineuritic vitamin.
- Walnuts (English)**—Contain water soluble B or antineuritic vitamin.
- Wheat (kernel)**—Contains fat soluble A or growth promoting and water soluble B or antineuritic vitamins.
- Wheat (whole grain)**—Contains fat soluble A or growth promoting and water soluble B or antineuritic vitamins.
- Whey**—Contains fat soluble A or growth promoting, water soluble B or antineuritic and water soluble C or antiscorbutic vitamins.
- Yeast (fresh)**—Contains water soluble B or antineuritic and water soluble D or yeast growth promoting vitamins.
- Yeast (dried)**—Contains water soluble B or antineuritic and water soluble D or yeast growth promoting vitamins.

PART TWO

CHAPTER I

Recipes Rich in Vitamines

The following recipes and menus were prepared by The Forecast School of Cookery, Jessie A. Knox, Director.

SOUPS

Cream of Asparagus Soup

1 small bunch asparagus	3 cups scalded milk
1 pint boiling water	3 tablespoons flour
3 tablespoons butter or margarine	Salt, pepper to season Slice onion

Cut asparagus stalks into inch pieces, reserving tips. Put stalks with water and onion in saucepan and boil until very tender—about 20 minutes. Rub through sieve. Melt butter, add flour and then scalded milk. Stir in asparagus pulp, season to taste with salt and pepper. Reheat to boiling point, add asparagus tips, cooked for 10 minutes in boiling water, and serve with croutons.

General Rule for Cream Soups

1 pint scalded milk	1 teaspoon salt
4 tablespoons butter or margarine	1 pint vegetable pulp Onion, celery salt, etc., for seasoning
4 tablespoons flour	

Cook vegetable in boiling water or steam until very tender. Rub through a fine strainer, saving any liquid. Make a thin white sauce of the butter, flour and milk, add vegetable pulp, and season to taste.

Corn Chowder

4 ears of corn	3 tablespoons butter or
1 onion	margarine
1 pint milk	4 tablespoons flour
1½ cups diced potatoes	Salt and pepper to
	taste

Cook corn in boiling salted water for 10 minutes. Drain, saving three cups of water. Cut corn from cob with a sharp knife. Slice onion. Parboil the potatoes for five minutes and drain. Put onion, potatoes and corn, with salt and pepper to season, into the water saved from the corn. Cook until the potatoes are soft.

Melt the butter, add the flour and then the milk. Cook, stirring constantly until thickened and smooth. Stir into the corn mixture, season to the taste, and serve hot with saltine crackers or croutons.

Corn Chowder

1 can corn	1 quart scalded milk
4 cups potatoes cut in	8 soda crackers
small dice	3 tablespoons butter or
1½ inch cube salt pork	margarine
1 large sliced onion	Salt and pepper

Cut pork in small pieces and try out; add onions and cook 5 minutes. Parboil potatoes 5 minutes in boiling water to cover; drain and add to the onions and fat. Add 2 cups boiling water and cook until potatoes are tender. Then add corn, milk, butter and salt and pepper to season. Soak crackers in cold milk until they are well moistened, add to the chowder, and serve very hot.

Cream of Spinach Soup

2 cups cooked spinach	3 tablespoons flour
3 tablespoons butter or margarine	few grains nutmeg
1 sliced onion	2 cups milk
	1 teaspoon salt

Chop the spinach until very fine, saving all the juice and one cup of the water it was cooked in. Press the spinach through a coarse strainer. Scald the milk with the onion. Melt the butter, add the flour, and then stir in the scalded milk. Cook until the mixture thickens and add the spinach pulp, salt, pepper and nutmeg to season. Reheat and serve. Thin with hot milk if necessary.

Cream of Tomato Soup

1 pint cooked tomatoes	$\frac{1}{4}$ teaspoon soda
1 small onion sliced	4 tablespoons butter or margarine
1 teaspoon salt	4 tablespoons flour
$\frac{1}{8}$ teaspoon pepper	3 cups milk
1 teaspoon celery salt	

Cook first five ingredients together for ten minutes, strain and add soda. Melt fat, add flour, and then stir in milk. Cook until the mixture boils, stir in tomato mixture, season, and serve at once.

Cream of Vegetable Soup

1 onion	3 tablespoons butter or margarine
$\frac{1}{2}$ cup diced carrot	3 tablespoons flour
$\frac{1}{4}$ cup diced turnip	2 teaspoons salt
$\frac{1}{2}$ cup peas or beans	Pepper
1 pint boiling water	
1 quart milk	

Cook vegetables in 1 pint boiling water until tender. Press through a coarse sieve, saving the water the vegetables were cooked in. Scald milk, melt fat, add flour, then scalded milk, stirring constantly. When thickened add seasoning and vegetable pulp.

Parsnip Chowder

$\frac{1}{3}$ cup diced fat salt pork	3 tablespoons butter or
1 onion, sliced thin	margarine
2 cups diced raw potatoes	4 soda crackers
2 cups diced raw parsnips	Salt and pepper to sea-
3 cups boiling water	son
1 quart scalded milk	

Try out the pork in a soup-kettle. Add onion and cook 5 minutes. Then add half the potatoes, the parsnips and the remaining potatoes. Sprinkle with salt and pepper, and add the boiling water. Simmer until the vegetables are soft. Then add the scalded milk, the butter, and the crackers split and soaked in cold milk.

Bean Soup

1 pint of dried beans	$\frac{1}{4}$ teaspoon mustard
2 quarts cold water	Cayenne to season
1 small onion	3 tablespoons butter or
2 stalks celery or	margarine
$\frac{1}{4}$ teaspoon celery salt	2 tablespoons flour
2 teaspoons salt	2 hard boiled eggs
$\frac{1}{8}$ teaspoon pepper	1 lemon
	1 pint scalded milk

Soak beans overnight, drain and add cold water, onion and celery. Simmer until beans are soft. Rub through a sieve, reheat, add milk, seasonings and butter and flour rubbed to-

gether. Cut lemon in thin slices and eggs in small pieces. Stir into soup. Serve at once.

Lemon may be omitted.

Cabbage Soup

2 cups finely chopped cabbage	1 cup milk
	3 tablespoons butter or
1 small onion, cut fine	margarine
Salt and pepper to season	3 tablespoons flour

Cover the cabbage and onion with 1 quart boiling water and cook until very tender. Melt butter, add flour and then stir in the milk. Cook until thickened and smooth, add cabbage and water it was cooked in. Season to taste with salt and pepper and reheat to boiling point. Sprinkle with paprika or chopped parsley before serving.

Leek Soup

2 small onions	1 carrot
4 to 6 leeks	Pepper and salt
4 tablespoons drippings	1 quart boiling water
2 medium-sized potatoes	2 bouillon cubes

Wash leeks and cut in small pieces. Cut onions in slices and fry with leeks until brown. Dice potatoes and carrot and add with water to onions and leeks. Cover closely and simmer for 1½ hours. Press through a fine sieve, add enough more water to make up a quart of soup. Add bouillon cubes, season to taste, reheat to boiling point before serving.

Oatmeal Soup

6 to 8 ripe tomatoes, peeled and sliced	1 teaspoon chopped onion
2 teaspoons salt	¾ cup oatmeal
4 cups water	1 small onion, sliced

Boil all together slowly for 1 hour, strain and serve. Two cups canned tomatoes may be used instead of the ripe ones.

Split Pea Soup

1 cup dried split peas	3 tablespoons butter or margarine
2½ quarts cold water	2 tablespoons flour
1 pint milk, scalded	2 teaspoons salt
1 onion	⅛ teaspoon pepper
1 carrot	2 inch cube of fat salt pork or bacon
½ cup chopped celery	

Pick over the peas, wash and soak over night in cold water. Drain, add 2½ quarts water and heat to boiling point. Add pork, vegetables and salt and simmer 3 or 4 hours or until tender. Rub through a coarse strainer, add butter and flour, rubbed together until smooth; add seasoning to taste. Add enough scalded milk to dilute to the desired consistency. A ham shank may be used instead of the pork or bacon.

Watercress Soup

2 cups chopped watercress	1 teaspoon minced chives or onions
2 tablespoons grated bread crumbs	3 tablespoons butter or margarine
½ cup milk	Pepper and salt to season
5 cups water	
3 medium-sized potatoes	

Soak the bread crumbs in the milk until soft. Add water, watercress, finely diced potatoes, salt and pepper. Heat to the boiling point and simmer for 30 minutes. Rub through a sieve, add butter and reheat to boiling point. Serve with croutons of whole wheat bread.

FISH

Boiled Cod Fish

After scaling and cleaning, rub fish with salt inside and out. Wrap in a cheesecloth and place in a kettle with boiling water to cover, having added:

1 teaspoon salt	3 tablespoons vinegar for
1 bay leaf and	each 2 quarts of water

Boil gently, allow 20 minutes for each pound of fish. Remove fish, place gently on platter, and serve with lemon and parsley or a sauce.

Any fish may be boiled in the same way.

Baked Shad

Clean, split and remove backbone of a three-pound shad. Place on a well greased paper in a dripping pan, sprinkle with salt and pepper, and brush over with melted butter or margarine.

Bake in a hot oven—400 degrees—for thirty minutes. Remove to a hot platter and spread with lemon butter. Garnish with rolls of broiled bacon and watercress.

Lemon Butter

$\frac{1}{4}$ cup butter	1 teaspoon lemon juice
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ tablespoon finely
$\frac{1}{8}$ teaspoon pepper	chopped parsley

Cream the butter with salt and pepper. When worked to a soft cream, add the lemon juice very slowly. Then add parsley. Serve with broiled fish, shad-roes, sardines, etc.

Baked Fillets of Flounder

Cut a 2-pound flounder into 4 fillets. Place in a greased baking dish—sprinkle with salt and pepper and rub well with $\frac{1}{2}$

tablespoonful lemon juice. Let stand 15 minutes, then brush with melted fat and bake in a hot oven about 12 minutes, basting twice with melted fat. Remove carefully to a hot platter, garnish with parsley and serve with Spanish Sauce.

Spanish Sauce

3 or 4 tomatoes or 1½ cups canned	1 tablespoon chopped onion
2 tablespoons butter or margarine	1 tablespoon green pepper
	½ teaspoon salt

Slice tomatoes. Melt fat in frying pan, add chopped onion and pepper and cook slowly for 5 minutes. Add tomatoes and salt and cook slowly until the mixture is thick and creamy.

Coddled Codfish

½ pound salt codfish, flaked	1 tablespoon butter
3 eggs	Few grains pepper
2 cups milk	Buttered toast

Soak fish one hour in warm water. Drain, flake, add to milk with butter and heat slowly to boiling point. Beat eggs with a little pepper and add fish mixture. Cook over hot water until the eggs become set, stirring gently once or twice during cooking. Serve very hot on strips of buttered toast.

Baked Tomatoes with Shrimp

6 tomatoes	1 teaspoon salt
1 cup boiled brown rice	Pepper and paprika to season
1 cup cooked shrimp	
1 teaspoon minced onion	½ cup boiling water
1 tablespoon flour	2 tablespoons butter

Cut a slice from the top of each tomato and remove the pulp with a spoon. Cut the pulp in small pieces and mix with the rice, shrimp broken in pieces, onion, flour, salt and paprika. Stuff the tomatoes with this mixture. Put a small piece of butter on the top of each and place the tomatoes in a shallow baking dish. Pour in the water and bake in a moderate oven—350 degrees—until the tomatoes are tender and the stuffing slightly browned. Serve hot.

Fish and Bread Timbales

1 cup salmon	1 cup soft bread crumbs
1 cup boiled brown rice or mashed potatoes	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ teaspoon paprika	1 egg
$\frac{1}{3}$ cup milk	1 tablespoon chopped parsley

Mix in order given and pour into small greased molds. Place in a pan of hot water and bake in a moderate oven until firm. Turn out and serve with caper sauce.

Caper Sauce

2 tablespoons butter or margarine	$\frac{1}{2}$ teaspoon salt Pepper to season
2 tablespoons flour	2 tablespoons chopped capers
$1\frac{1}{4}$ cups milk	

Melt butter, add flour and then stir in the milk. Cook until thickened, add seasonings and capers and simmer for 3 to 5 minutes.

Golden Fish Flakes

2 tablespoons butter or margarine	1 teaspoon anchovy es- sence
3 tablespoons flour	2 cups flaked, cooked fish
$1\frac{1}{2}$ cups milk	
4 hard-boiled eggs	

Make a white sauce of butter, flour and milk. When thickened and smooth, stir in the mashed egg yolks, the anchovy essence, fish, and salt and pepper to season. The anchovy essence is usually rather salty and very little extra salt will be needed. Cut the egg whites in slices or strips and add last. Reheat and serve plain or on strips of toast.

Baked Shad Roe

2 shad roe	1 tablespoon lemon juice
3 tablespoons butter or margarine	$\frac{1}{2}$ teaspoon salt
	$\frac{1}{2}$ cup milk
1 cup chicken stock or hot water	2 eggs

Wash the roe carefully in cold water and place in a shallow, well-greased baking dish. Cut the butter in small pieces and place over the roe and then add the stock or water and lemon juice. Cover closely and bake in a moderate oven—350 degrees—for 20 minutes. Drain off the liquid and mix with the beaten eggs and milk mixed together. Stir until thickened slightly, then pour over the roe and serve at once. Garnish with strips of broiled bacon and sprigs of watercress.

SALADS

Tomato Jelly and Cabbage Salad

1 quart canned tomatoes	1 slice onion
1 teaspoon salt	3 tablespoons granulated gelatine
1 teaspoon sugar	3 cups shredded cabbage
Sprig parsley	$\frac{1}{2}$ cup cold water
$\frac{1}{2}$ teaspoon celery salt	

Mix tomatoes, salt, sugar, parsley, celery salt and onion and simmer for 15-20 minutes, then strain. Soak gelatine in cold water for 5 minutes, add hot tomato mixture, and stir until dissolved. When cold, add cabbage, and pour into individual



Vitamine A (growth promoting) is found most abundantly in butter, cream, spinach, egg yolks, whole grain cereals, carrots and sweet potatoes.

molds, rinsed in cold water, or into one large shallow mold. Chill, turn out on lettuce and garnish with mayonnaise or boiled dressing.

Tomato and Cabbage Salad

1 small head cabbage	1 cucumber
3 tomatoes	1 green pepper
1 small onion, finely chopped	Mayonnaise or boiled dressing

Shred the cabbage and soak in salted ice-water for 20 minutes. Drain and shake to get it as dry as possible. Shred half the pepper and cut the rest in long strips. Peel and cut the cucumber into thin slices. Mix the onion, shredded pepper and half the cucumber with the cabbage and moisten with well-seasoned French or mayonnaise dressing. Arrange in a pile on a cold salad dish and garnish with the rest of the cucumber, strips of pepper and the tomatoes, chilled and cut in quarters.

Carrot Salad

1 cup shredded raw carrots	6 stuffed olives
1 cup cooked peas	1 head lettuce
1/2 cup chopped celery	Mayonnaise or boiled dressing

Mix peas, celery and carrot with enough mayonnaise to moisten. Put lettuce leaves around salad and serve with mayonnaise. Garnish with the olives cut in thin slices.

Cheese and Olive Mold

1 cup cottage cheese	1/4 teaspoon paprika
1/2 cup chopped olives	1 tablespoon sugar
1 tablespoon chopped pickle	1 teaspoon salt
1 tablespoon chopped parsley	2 tablespoons cream or evaporated milk

Mix all ingredients together thoroughly, using enough cream to moisten. Pack into a greased half-pound baking powder tin, and chill. Cut in slices, and serve on lettuce or watercress with French dressing.

Russian Dressing

1 cup mayonnaise	1 teaspoon grated or minced onion
$\frac{2}{3}$ tablespoon catsup	
1 tablespoon finely chopped parsley	1 tablespoon finely chopped green or sweet red pepper

Mix all ingredients together.

Asparagus Vinaigrette

$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ teaspoon paprika
Few grains cayenne	$\frac{1}{2}$ tablespoon Tarragon vinegar
1 tablespoon cider vine- gar	3 tablespoons oil
$\frac{1}{2}$ tablespoon chopped pickle	$\frac{1}{2}$ tablespoon pimento or green pepper
$\frac{1}{2}$ tablespoon chopped parsley	$\frac{1}{2}$ teaspoon chopped chives or onion

Shake all together and chill. Arrange chilled, cooked asparagus on lettuce or romaine. Cover with the dressing and serve at once.

Stuffed Prune Salad

1 pound large prunes	1 teaspoon lemon juice
1 cream cheese	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup nutmeats	Cream mayonnaise
1 tablespoon cream or milk	French dressing

Soak the prunes for several hours in cold water. Drain thoroughly and cut a slit in each to remove pit. Mash cream cheese with milk, salt and lemon juice. Add nutmeats and shape into small pieces the size of the prune pits. Stuff the prunes with the mixture and chill. Cut each prune in half lengthwise and arrange on crisp lettuce. Pour French dressing, made with lemon juice instead of vinegar, over the salad and garnish with cream mayonnaise.

Cabbage Salad

1 small firm head cabbage	$\frac{1}{2}$ cup Russian dressing
1 green pepper, shredded	2 pickled beets

Shred the cabbage with a sharp knife or cabbage shredder and soak in cold salted water for 30 minutes. Then drain, put in a paper bag and place in the ice box to chill. Just before serving, mix with the pepper and dressing and arrange on individual plates. Garnish with pieces cut from the sliced pickled beets.

Green Pea and Walnut Salad

2 cups cooked peas	1 tablespoon chopped
1 cup diced celery	parsley
$\frac{1}{2}$ cup chopped walnut meats	1 teaspoon salt
	Mayonnaise
	Lettuce or watercress

Drain and chill the peas, then mix with the celery, nuts, salt and enough mayonnaise to moisten. Arrange in a mound on a bed of crisp lettuce or watercress. Cover with mayonnaise and sprinkle with the chopped parsley.

Orange and Prune Salad

$\frac{1}{2}$ pound large prunes	1 head lettuce
3 oranges	$\frac{1}{2}$ cup cooked salad dressing

Wash prunes, drain, remove pits, and cut in quarters, lengthwise. Peel oranges and divide into sections, removing thin white membrane. Arrange oranges and prunes on lettuce leaves, pour over cooked salad dressing and serve very cold.

Cooked Greens Salad

Chop cooked spinach, dandelion greens, lettuce or any green very fine. Season with salt and pepper and add 1 tablespoon vinegar to each 2 cups greens. Pack into small cups or molds and chill. Turn out on lettuce, garnish with hard boiled egg slices, slices of cooked beet, asparagus tips or radishes. Serve with French dressing or mayonnaise.

Raw Vegetable Salad

1 cup shredded or finely diced raw carrots	1/2 cup young white tur- nip, cut fine
1 1/2 cups celery, cut fine	Lettuce
1 green pepper	Mayonnaise

All the vegetables should be crisp and young and cut in thin strips or small dice. Mix all together and season to taste with salt and pepper. Moisten with about half a cup of mayonnaise and serve on crisp lettuce. Sliced cucumbers, radishes, shredded cabbage or young tender corn may be added or used in any combination desired.

Any plain, green salad, served with French dressing made with lemon juice, supplies an abundance of vitamins without special preparation.

MEATS

Swiss Steak

2 pounds bottom round, cut about 2 inches thick	1 1/2 cups canned tomatoes 6 onions sliced 1 1/2 teaspoons salt 1/8 teaspoon pepper
1/2 cup flour	



Vitamine B (anti-neuritic) is supplied in largest amounts by milk, eggs, beans, yeast, potatoes, celery, nuts, onions, apples, and the glandular organs such as liver, heart and brains.

Put the steak on a board and sprinkle with flour. Pound the flour into the steak with a broad knife or wooden potato masher. Repeat until as much has been pounded in as the steak will take up. Sear the meat on both sides in a very hot frying-pan.

Place in a casserole or large baking dish. Cover with sliced onions and tomatoes and sprinkle with salt and pepper. Cover the dish and let the meat cook slowly in the oven or on top of the stove for about 2 hours.

Roast Shoulder of Lamb

3 pounds	shoulder	of	2 tablespoons sugar
	lamb		$\frac{1}{2}$ teaspoon cinnamon
3	tart apples		

Wipe the meat and remove the shoulder-blade, or have the butcher do it. Peel and slice the apples, mix with the cinnamon and sugar and stuff into the cavity formed. Sew it firmly in place and sprinkle the meat with salt, pepper and flour. Brown quickly in melted drippings and place in a roasting pan.

Cook in a hot oven—400 degrees—about 1 hour and 10 minutes.

Stuffed, Braised Liver

Make a deep cut the length of the liver, using calves', beef or lambs' liver. Fill with stuffing and skewer or tie firmly. Spread liberally with bacon fat or drippings, dredge with flour and sprinkle with salt and pepper. Place in a deep pan, surround with $\frac{1}{4}$ cup each diced carrots, onion, celery; $\frac{1}{4}$ teaspoon peppercorn, bit bay leaf, and 2 cups brown stock or water. Cover closely and cook in moderate oven—350 degrees—for 2 hours, uncovering last 20 minutes.

Remove from pan and make brown gravy from liquid in pan.

Breaded Veal Cutlet

$1\frac{1}{2}$ pounds	veal cutlet	1 cup	stock
1	egg	1 cup	strained tomatoes
	Bread crumbs	1	teaspoon Kitchen Bou-
	Salt and pepper		quet
1	onion		

Wipe cutlet with damp cloth, trim and cut into pieces for serving. Put trimmings in a saucepan with onion and $1\frac{1}{2}$ cups water and cook for 30 minutes. Sprinkle pieces of veal with salt and pepper, dip in crumbs and cook in hot fat in a frying pan until brown on both sides.

Add tomato, stock made from trimmings, and Kitchen Bouquet. Cover closely and simmer 40 minutes.

Serve with brown or tomato sauce.

Savory Sliced Ham

3 teaspoons dry mustard	Cayenne pepper
$\frac{1}{8}$ teaspoon pepper	1 pound boiled ham
2 tablespoons catsup	1 cup grated cheese

Mix seasonings together. Spread the slices of ham with the mustard mixture, and place one slice on top of another with cheese between, thus forming a brick-shaped pile. Bake for 15 minutes in a moderate oven—350 degrees. Remove, cool and chill. Cut down in slices at right angles to the layers, and serve with cucumber or any vegetable garnish.

Currant Jelly Sauce

1 cupful brown sauce or gravy from roast lamb or mutton	$\frac{1}{3}$ cupful currant jelly
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Heat gravy and stir in jelly. Serve hot, with roast lamb or mutton.

Panbroiled Kidneys and Bacon

Split lamb or veal kidneys, remove skin and center core. Cook thinly sliced bacon in a hot frying pan, remove to a hot platter and keep warm while the kidneys are cooking. Pour off most of the bacon fat, reheat the pan until very hot, and put in the

kidneys. Cover at once, reduce heat slightly and cook for 3 minutes. Turn and cook for 2 or 3 minutes longer. Lift out the kidneys and thicken the fat in the pan with 1 tablespoon flour. Add $\frac{3}{4}$ cup boiling water, cook for a minute or two and pour over the kidneys and bacon.

Molded Veal and Celery

Knuckle of veal (about 3 pounds)	4 or 5 sprigs of parsley
1 pound lean veal (slice from the leg is best)	2 hard-boiled eggs
$\frac{1}{2}$ tablespoon salt	1 pimento or 6 olives
1 onion	1 tablespoon gelatine
	2 tablespoons cold water
	$1\frac{1}{2}$ cups chopped celery

Have knuckle broken in pieces. Put in soup kettle with the onion, parsley, salt and veal (do not cut veal). Cover with boiling water and cook very slowly until the meat is tender (about 2 hours). Remove meat and cut in small pieces. Season with salt and pepper. Strain the stock and boil until reduced to about $1\frac{1}{3}$ cupfuls. Soak the gelatine in cold water for 5 minutes and dissolve in the boiling stock. Garnish the bottoms of small molds with a slice of hard cooked egg, a little chopped parsley and pimento or olives. Nearly fill the molds with the cut-up meat and celery mixed together. Pour over the stock to fill the molds. Keep in a cold place until firm. Turn out on lettuce or watercress and garnish with one or two radish roses.

Escalloped Calves' Brains

1 pair brains	$1\frac{1}{2}$ cups white sauce
3 hard-boiled eggs	$\frac{1}{2}$ cup bread crumbs
1 tablespoon minced parsley	2 tablespoons melted butter
$\frac{1}{2}$ teaspoon salt	

Soak the brains in cold salted water for 30 minutes. Drain, cover with boiling water and add $\frac{1}{2}$ bay leaf, 1 small onion, 1 teaspoon salt, 1 tablespoon vinegar and 2 or 3 peppercorns. Simmer for 30 minutes, drain, cover with cold water and let stand 10 minutes. Remove all membrane and fibers and cut the brains in dice. Mix with the white sauce, adding chopped egg whites, parsley and salt. Place in a baking dish or ramekins and cover with the egg yolks rubbed through a strainer. Mix crumbs with melted butter and spread over the eggs. Bake until the crumbs are brown. Serve hot.

Stuffed Calves' Hearts

1 or 2 hearts	1 teaspoon salt
1 cup bread crumbs	$\frac{1}{8}$ teaspoon pepper
2 tablespoons melted fat	Boiling water or stock
1 chopped onion	

Wash hearts inside and out and stuff. Sew up the opening, place in saucepan and add boiling water to cover. Simmer until tender—about 2 hours. Half an hour before serving, remove hearts from saucepan, dredge with flour, pepper and salt, sprinkle with crumbs and brown in hot oven. Serve with gravy made from liquid in saucepan. To make stuffing, mix crumbs, fat, onion, salt and pepper with just enough water or stock to moisten.

MEAT SUBSTITUTES

Spinach with Poached Eggs

Wash spinach thoroughly, discard root ends and put spinach in a deep saucepan. Cover closely and cook for 20 minutes, without adding any water. When tender, drain, chop fine and season with salt, pepper and butter. Dip slices of toast in hot milk, cover with a thick layer of spinach and place a poached egg on each serving.

American Mushroom Chop Suey

1 cup celery, cut in shreds	Salt, pepper to season 4 tablespoons flour
3 onions, cut in shreds	1/2 pound mushrooms, bro- ken in pieces
4 tablespoons butter or margarine	1 teaspoon soy sauce
1 pint milk	2 cups boiled whole rice

Melt butter, add onions and celery, cover and cook slowly until they begin to change color. Add mushrooms, washed and broken in pieces and cook for 3 minutes, stirring constantly. Add flour and when well mixed stir in the milk. Cook, stirring constantly until thick and smooth. Season with salt, pepper and soy sauce and serve with boiled rice. Shrimp, tuna fish, chicken, etc., may be used in place of mushrooms.

Asparagus Loaf

1 bunch asparagus	1 teaspoon salt
2 tablespoons butter	1/8 teaspoon pepper
2 tablespoons flour	1 cup water asparagus was cooked in
4 eggs	

Cook asparagus until tender. Line greased molds with asparagus tips about 3 inches long. Cut rest of asparagus in one-inch pieces. Make a sauce of the butter, flour, water and seasonings. When thick pour slowly over the beaten eggs and add the cut asparagus. Fill the molds with this mixture, place the molds in a pan of hot water and bake in a moderate oven about 30 minutes or until firm. Turn out on a hot platter and surround with white sauce. Garnish with parsley.

Canned asparagus may be used in place of the fresh. Drain and rinse with cold water. Use 1 cup cold water or milk instead of the asparagus water.

Baked Beans

1 pound dried beans	1 small onion
$\frac{1}{2}$ pound salt pork	4 tablespoons molasses
2 teaspoons salt	Boiling water
2 teaspoons mustard	

Soak beans over night in cold water. In the morning drain, cover with fresh water and boil until the skins crack. Drain again and put in a bean crock or baking dish. Mix salt and mustard with molasses and $\frac{1}{2}$ cup boiling water. Scald pork, cut in pieces and place on top of the beans. Pour the molasses mixture over the beans, adding enough boiling water to come to the top of the beans. Cover and bake in a slow oven 6-8 hours.

Bean Toast

1 cup lima bean purée	Salt and pepper
1 tablespoon butter	1 teaspoon minced onion
$\frac{1}{4}$ cup tomato juice	6 slices toast

Melt butter, add onion and cook slowly for 5 minutes. Add tomato, bean purée and salt and pepper to season. Cook for about 5 minutes and spread in a thick layer over the toast. Sprinkle with chopped parsley and serve at once.

Carrot and Potato Pie

3 cups young carrots	4 tablespoons flour
1 dozen very small new potatoes	2 cups milk
	$\frac{1}{3}$ cup grated cheese
3 tablespoons butter or margarine	Salt and pepper to season

Scrub the carrots and if necessary cut in halves lengthwise. Cook until tender in just enough boiling, salted water to cover. Wash the potatoes, boil until tender, then peel. Melt the butter, add flour and then stir in the milk. Cook until thickened and smooth. Add cheese and seasonings. Put the vegetables into a

well-greased baking dish. Cover with sauce and then with a thin baking powder crust. Bake in a hot oven about 20 minutes or until well browned.

Corn Omelet with Broiled Tomatoes

4 eggs	1 tablespoon butter
1 cup corn	2 tablespoons water or milk
1 tablespoon flour	
1 teaspoon salt	2 tablespoons butter
$\frac{1}{4}$ teaspoon pepper	

Heat corn, thicken with 1 tablespoon butter and flour and season with salt and pepper. Beat egg yolks, add water and corn. Beat egg whites until stiff, fold in corn mixture and pour into hot frying pan with 2 tablespoons melted butter. When firm, fold, turn out on a hot platter and surround with slices of broiled tomato.

Cottage Cheese Omelet

4 eggs	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup cottage cheese	1 to 2 tablespoons butter or margarine
$\frac{1}{4}$ cup milk	

Beat egg yolks until light colored, add salt, cheese and milk. When well blended fold in the stiffly beaten egg whites. Melt the fat in a hot frying pan, pour in the omelet and cook slowly until well puffed and slightly brown on the bottom. Place in the oven for a few minutes to cook the top. Fold over, turn out on a hot platter and serve at once. Garnish with watercress.

Hominy Puffs—Tomato Sauce

1 cup cold boiled hominy	$\frac{1}{4}$ teaspoon salt
2 tablespoons flour	1 egg
1 teaspoon baking powder	1 cup grated cheese
$\frac{1}{3}$ cup milk	

Sift flour, salt and baking powder. Beat egg yolk, add milk and stir into the hominy. Mix until smooth, add flour and the cheese, then the stiffly beaten egg white. Drop into deep, hot fat and fry a golden brown. Serve with grated cheese and tomato sauce.

Baked Rice and Cheese

1 cup whole rice	2 whole cloves
3 cups tomatoes	Pepper to season
1 sliced onion	1 teaspoon salt
3 tablespoons butter	$\frac{1}{2}$ pound cheese, cut fine
2 tablespoons flour	1 teaspoon Worcestershire
1 small bay leaf	sauce

Wash the rice and cook in 2 quarts boiling, salted water until tender, then drain and rinse with cold water. Mix tomatoes with onion, bay leaf, cloves, salt and pepper and simmer for 20 minutes. Strain and make into a sauce with butter and flour. Cook until thickened, add the cheese and pour over the rice in a greased baking dish. Mix lightly and bake in a hot oven (400 degrees) until the top is slightly brown. Serve with a green salad or cold slaw.

Minestra of Rice and Cabbage

1 small head cabbage	1 stalk celery
2 quarts stock or boiling water	$\frac{1}{4}$ cup tomato sauce or pulp
$\frac{1}{4}$ pound chopped raw ham	$\frac{1}{2}$ cup rice

Cut the cabbage into quarters, remove core and cut the cabbage into small pieces. Cut the ham and celery very fine and cook for 5 minutes in 1 tablespoon melted butter. Add cabbage and stock and boil until nearly tender. Add rice and tomato sauce and continue cooking until the rice is tender. Season with salt and pepper and pass grated Parmesan cheese with it.

Spinach Soufflé

4 quarts spinach	$\frac{2}{3}$ cup evaporated milk or
2 tablespoons flour	fresh cream
2 tablespoons butter	3 egg yolks
	3 egg whites

Clean spinach, add $\frac{1}{2}$ cup boiling water and cook until tender. Drain and chop very fine. Season with salt and pepper. Melt butter, stir in flour, spinach and cream. Cook five minutes, stirring constantly. Stir in egg yolks, remove at once from fire and cool slightly. Fold in stiffly beaten egg whites and bake in a greased baking dish in a moderate oven about 30 minutes.

Spinach with Mushrooms

1 quart cooked, chopped	2 tablespoons flour
spinach	1 cup milk
1 pound mushrooms	Salt and pepper to
4 tablespoons butter or	season
margarine	1 egg

Mix the spinach with salt, pepper, 1 tablespoon lemon juice and 2 tablespoons butter. Pack into a greased ring mold and stand over hot water for 10 minutes. Melt the butter, add mushrooms, broken in pieces, and cook for 10 minutes. Then stir in the flour, the milk and well-beaten egg. Cook, stirring constantly until thickened. Turn the spinach out on a hot platter, fill the center with the creamed mushrooms and serve very hot.

Tomato-Cauliflower Soufflé

1 small head cauliflower	1 tablespoon Worcester-
Small bay leaf	shire
1 or 2 whole cloves	2 cups tomatoes
Pepper to season	1 onion
3 eggs	1 tablespoon salt
	$\frac{1}{2}$ cup grated cheese

Wash the cauliflower, separate into small pieces and cook in boiling, salted water until tender. Drain and arrange in a greased baking dish. Mix tomatoes, sliced onions, bay leaf and cloves together and cook for 20 minutes. Rub through a colander and add the cheese. Stir until the cheese is melted, add seasoning and well-beaten egg yolks. Fold in stiffly beaten whites and pour over the cauliflower. Bake in a moderate oven about 40 minutes.

Asparagus tips or boiled cabbage may be used instead of the cauliflower.

Tomato Toast

Cut firm, ripe tomatoes in half-inch slices, dip in flour, sprinkle with salt and fry in hot butter or bacon fat until brown on both sides. Place each piece of tomato on hot, buttered toast and cover with a poached egg or with a large spoonful of scrambled egg.

Victoria Toast

6 large slices toast	1 tablespoon minced
4 tablespoons butter or	parsley
margarine	Pepper to season
4 tablespoons flour	1 cup cooked peas
2 cups tomato juice	1 cup cooked celery
1½ teaspoons salt	2 tablespoons grated
1 tablespoon minced	cheese
onion	

Melt the butter, add onion and parsley and cook slowly for 3 minutes. Stir in the flour and then add the tomato juice. Continue stirring until thickened, add seasonings, peas, celery and cheese. Simmer for 5 minutes, then pour over the toast. Serve very hot as a luncheon or supper dish.

Creamed Eggs on Toast

4 hard cooked eggs
1½ cups white sauce

Salt and pepper to season
4 slices toast

Cut egg whites in slices and mix with hot white sauce. Season to taste and pour over toast. Rub egg yolks through a strainer and sprinkle thickly over toast.

Serve very hot.

VEGETABLES

Baked Sweet Potatoes, Bacon and Apples

6 medium sized sweet potatoes

3 to 4 tablespoons brown sugar or syrup

5 tart apples

⅓ cup water

3 to 4 tablespoons butter or margarine

½ pound thinly sliced bacon

Parboil potatoes until nearly tender. Drain, peel and cut in ½ inch slices. Peel and core apples, and cut in ½ inch slices crosswise. Put a layer of potatoes close together in a greased shallow baking dish. Cover with a layer of apples. Sprinkle with sugar and dot with bits of butter. Add water and bake until apples and potatoes are tender, or about 35 minutes. Place slices of bacon close together over top and bake about 5 minutes longer in a hot oven or until the bacon is cooked.

New Onions, Creamed on Toast

3 bunches new onions
1 cup thin white sauce

6 small slices toast

Wash onions, remove root ends and coarse tops. Tie together in small bundles and cook in gently boiling, salted water until

tender, or about 25 minutes. Drain thoroughly, serve on toast with white sauce poured over them.

Asparagus in White Sauce

Cut asparagus in 1-inch pieces, cook in boiling, salted water until tender, put in tips after rest has boiled 10 minutes. Drain, add 1 cup white sauce, and serve in croustades of bread, or on thin slices of dry toast, as a vegetable course.

Scalloped Potatoes and Corn

4 cups thinly sliced raw potatoes	$\frac{1}{8}$ teaspoon pepper 3 tablespoons butter or margarine
2 cups cooked corn, cut from cob	2 tablespoons flour
2 teaspoons salt	$1\frac{1}{2}$ cups milk

Parboil potatoes for 8 minutes and drain. Put a layer of potatoes in the bottom of a greased baking dish, sprinkle with salt, pepper and flour. Add a layer of corn. Dot with fat. Repeat until all material is used. Pour over the milk, and bake in a moderate oven—350 degrees—about 45 minutes.

Scalloped Corn

6 ears boiled or steamed green corn	2 tablespoons butter or margarine
1 cup milk	2 tablespoons sugar or corn syrup
$1\frac{1}{2}$ cups bread crumbs	Pepper to taste
1 teaspoon salt	

Split the kernels of corn, then press out the pulp with the back of a knife. There should be $1\frac{1}{2}$ cups. Mix the milk with this and add salt, pepper and sugar. Put a layer of bread crumbs in baking dish, dot with some of the fat. Turn in a layer of the corn mixture. Repeat until dish is full, finishing with a layer of buttered crumbs. Bake 45 minutes in a moderate



Vitamin C (anti-scorbutic) is found chiefly in cabbage, oranges, lemons, lettuce, watercress, tomatoes and turnips.

oven, or 350 degrees. Instead of the milk, a cupful of fresh stewed tomatoes may be used.

Mushrooms with Spaghetti and Tomatoes

1 dozen mushrooms	4 tablespoons butter or
$\frac{1}{2}$ pound macaroni or spaghetti	margarine
4 medium sized tomatoes	Salt and pepper to season
	1 cup sauce or gravy

Boil the spaghetti, drain, and season with salt, pepper and 2 tablespoons butter. Set aside to keep warm. Cut the tomatoes across in slices and sauté in the melted butter. Arrange the tomatoes on the spaghetti. Peel the mushrooms and sauté in the same fat. Place a mushroom on each slice of tomato. Make one cup of sauce by mixing two tablespoons flour with fat left over in pan, and stir in one cup of milk or water.

Season to taste, pour over the spaghetti, and serve very hot.

Lima Beans and Tomato Sauce

2 cups shelled fresh lima beans	$1\frac{1}{2}$ teaspoons salt
2 tablespoons flour	$\frac{1}{8}$ teaspoon pepper
2 tablespoons butter or margarine	1 teaspoon onion juice
	1 cup stewed strained tomato

Cook the beans in boiling, salted water until tender, or for about 30 minutes. Then melt fat, add flour and seasonings and stir in tomato juice. Cook until thickened. Pour over beans and serve very hot.

Cabbage

Cut cabbage in quarters, and soak in cold salted water for 20 or 30 minutes. Drain, cut in small pieces and put in a large saucepan, cover with boiling water, add salt to season, and boil

rapidly, uncovered, for 20 or 30 minutes. Drain, chop and season as desired. Cabbage cooked in this way is white in color, flaky, and delicate in flavor.

Cabbage Au Gratin

Chop 3 cups cooked cabbage until very fine. Melt 2 tablespoons butter or margarine, add 2 tablespoons flour and stir in 1 cup milk. Cook until the mixture is thick and smooth, then add 1 teaspoon salt and $\frac{1}{4}$ teaspoon paprika. Put a layer of cabbage in a greased baking dish, cover with a layer of sauce, and repeat until all the ingredients are used up. Cover with $\frac{1}{2}$ cup bread crumbs mixed with 2 or 3 tablespoons melted butter. Bake in a moderate oven about 20 minutes, or until the crumbs are well browned.

Beets with Sour Sauce

12 small beets	$\frac{1}{4}$ cup cream or evapo-
2 tablespoons butter or	rated milk
margarine	1 teaspoon sugar
2 tablespoons flour	$\frac{1}{4}$ cup vinegar
$\frac{1}{2}$ cup water from beets	Salt and pepper

Wash beets and cook until tender in boiling, salted water. Rinse in cold water, peel and cut in cubes. Melt butter or margarine, add flour, and then beet water. When thickened stir in the other ingredients. Add beets and serve hot.

Hashed Brown Potatoes

2 cups cold potatoes,	$\frac{1}{8}$ teaspoon pepper
chopped fine	6 tablespoons milk
1 teaspoon salt	3 tablespoons butter or
	bacon fat

Melt fat in hot frying pan. Mix potatoes, seasonings and milk. Put into the frying pan and smooth down. Cook one or

two minutes over a quick fire, then reduce heat and cook slowly 15-20 minutes or until brown underneath. Fold like an omelet and turn out on a hot platter.

Garnish with parsley.

Baked Corn and Tomatoes

2 cups canned tomatoes	1 cup bread crumbs
1 can corn	1 teaspoon salt
2 tablespoons butter or margarine	$\frac{1}{8}$ teaspoon pepper

Mix all together and pour into greased baking dish. Cover with crumbs and bake in moderate oven—350 degrees—about 30 minutes.

Escalloped Celery, Creole Style

3 cups diced celery	2 tablespoons chopped green peppers
1 onion, cut fine	
3 tablespoons butter	2 cups boiling water
1 cup strained tomatoes	1 teaspoon salt

Put celery in a saucepan with the boiling water and boil ten minutes. Melt butter, add onion and pepper and cook slowly for five minutes. Stir in tomatoes and heat to the boiling point. Then stir into the celery and pour the mixture into a casserole or baking dish. Season to taste with salt and pepper, cover and cook in a moderate oven—350-375 degrees—40 to 45 minutes.

Beets with Parmesan Cheese

6 medium sized beets	1 $\frac{1}{2}$ cups milk
4 tablespoons butter or margarine	1 teaspoon salt
	1 tablespoon lemon juice
4 tablespoons flour	2 to 3 tablespoons grated Parmesan cheese

Boil the beets until tender, drain, peel and cut in thin slices. Place in a greased, shallow baking dish. Make a thick, white sauce from the butter, flour and milk. Season with salt, pepper, lemon juice, and pour over the beets. Sprinkle with the cheese and bake in a hot oven—400 degrees—about 10 minutes or until the cheese begins to brown. Serve very hot.

Glacéd Onions

1½ pound small onions	1 cup hot water
1 bouillon cube	1 tablespoon sugar

Peel onions and cook in boiling water 15 minutes. Drain and dry on cheesecloth. Put in a greased baking dish. Add bouillon cube dissolved in hot water. Sprinkle onions with sugar and bake in hot oven—400 degrees—until soft, basting with stock in pan.

Potato Soufflé

Mix 1½ cups mashed potato with 1 cup scalded milk. Stir in 1 cup cheese, cut fine, ¾ teaspoon salt, ½ teaspoon paprika and 2 egg yolks.

Mix thoroughly and fold in the stiffly beaten whites of 2 eggs. Grease a baking dish and cover the bottom with 2 tablespoons each of chopped green pepper and of chopped pimento. Pour in the potato mixture and bake in a hot oven—400 degrees—for about 25 minutes or until well puffed, firm and brown.

Carrots in Turnip Cups

6 small white turnips	½ cup white sauce
2 cups diced carrots	1 tablespoon chopped
½ teaspoon salt	parsley
1 teaspoon sugar	

Peel the turnips, cut a slice from the stem end and scoop out the inside, leaving a cup about ¼ inch thick. Cook in boiling water for 20 minutes or until tender. Lift each one



Vitamine D (yeast growth promoting) the newest member of the vitamine family is present in unpolished rice, yeast, most fruits, corn and in most foods that contain Vitamine B.

carefully from the water with a skimmer and turn upside down to drain. Cook the carrots until tender in boiling, salted water to cover. Drain, saving the water for sauce or stock. Season with salt, pepper and sugar. Add white sauce and reheat carefully until very hot. Fill the turnip cup with the creamed carrots, sprinkle with parsley and serve very hot.

Carrot Loaf

2 cups boiled and mashed carrots	Seasoning to taste
2 tablespoons fat	$\frac{1}{3}$ cup fine bread crumbs
1 egg, beaten until light	1 teaspoon finely minced onion
1 tablespoon chopped parsley	

Mix all together and put into a greased mold. Bake in a moderately hot oven about 25 minutes. Turn out, sprinkle with parsley and serve with white sauce.

Scalloped Beans and Scallions

2 bunches scallions	1 cup milk
1 quart string beans	$\frac{1}{2}$ teaspoon salt
2 tablespoons butter or margarine	$\frac{1}{4}$ teaspoon paprika
2 tablespoons flour	$\frac{1}{2}$ cup buttered crumbs

Wash the scallions, remove root and the tough green tops. Cut the rest into two-inch pieces and cook until tender in boiling, slightly salted water. String the beans, cut in small pieces and cook in boiling water about 35 minutes or until tender. Drain both vegetables and arrange in alternate piles in a shallow buttered baking dish. Make a sauce from the butter, flour and milk and pour over the vegetables. Sprinkle with crumbs and brown in a hot oven.

Carrot Fritters

- | | |
|---|-------------------------------------|
| 1 cup cooked, chopped
carrots | 2 well-beaten eggs |
| $\frac{1}{2}$ cup milk | $\frac{1}{2}$ cup fine bread crumbs |
| 3 tablespoons browned,
chopped onion | Salt and pepper |

Mix chopped carrot gradually with milk, onion, egg, crumbs and seasoning. Cook in a double boiler until hot. Spread mixture out on a plate to cool. Form into desired shape, roll in egg, then in crumbs, and sauté in hot fat. Serve with or without cream sauce.

Mashed Turnips and Apples

Peel yellow turnips, cut in small pieces and boil in salted water until tender. Drain and mash. Cook the apples until tender, without peeling them, then rub through a coarse strainer. Add 1 cup stewed apple pulp to 3 cups mashed turnips. Season with salt, pepper and butter and reheat.

Lima Beans and Apples

- | | |
|---------------------------|-----------------------------|
| 2 cups shelled lima beans | $\frac{1}{2}$ teaspoon salt |
| 3 tart apples | 2 tablespoons butter |

Peel apples, core and cut in slices. Mix with the lima beans and add just enough boiling water to cover. When boiling, add salt and cook for 30 minutes or until the beans are tender and the apples well broken. Add butter and thicken the liquid with 1 tablespoon flour mixed with a little cold water. Serve with ham or roast pork.

Boiled Parsnips

Select medium sized parsnips, wash thoroughly, scrape and cut in quarters lengthwise. Remove any pithy center, and cook

in boiling salted water to cover, until tender—about 10 minutes. Drain and serve with melted butter or white sauce.

Escalloped Parsnips

Cut boiled parsnips in slices and arrange layers of parsnips and soft bread crumbs in a greased baking dish. Sprinkle each layer of parsnips with salt, pepper and bits of butter. Have the top layer crumbs. Add milk to just cover the top layer and bake in a moderate oven about 40 minutes. Three tablespoons of grated cheese may be mixed with the crumbs for the top layer.

Spinach

Soak spinach in plenty of cold salted water for about 30 minutes. Lift from salted water into clean fresh water. Remove root ends and any decayed leaves and wash the spinach in several clean waters, lifting it from one water to another, because the sand and grit sinks to the bottom of the pan and by pouring out the water, the sand is pushed back on the spinach. Lift from the last water into a deep pan, cover closely and heat slowly to the boiling point without adding any water; enough will cling to the leaves to keep the spinach from burning. Boil rapidly about 20 minutes or until the spinach is tender. Drain, chop finely and serve seasoned with butter, salt and pepper.

DESSERTS

Chocolate Bread Pudding

1 cup stale bread crumbs	2 cups scalded milk
1 square chocolate or 4	$\frac{1}{3}$ cup sugar
tablespoons cocoa	$\frac{1}{4}$ teaspoon salt
2 egg yolks	2 egg whites, beaten stiff
$\frac{1}{2}$ teaspoon vanilla	

Pour milk over crumbs. Mix cocoa or chocolate with sugar and egg yolks. Combine mixtures, stir in egg whites, pour in shallow pan and bake about 35 minutes in moderate oven—350 degrees.

Baked Custard

- | | |
|---------------------------|---------------------|
| 1 pint milk | 2 eggs, well beaten |
| 6 tablespoons maple syrup | Few grains salt |
| or | |
| 3 tablespoons sugar | |

Mix scalded milk and syrup or sugar and stir until syrup is dissolved. Pour slowly into the beaten eggs, add salt, and strain into a greased baking dish. Set the dish in a pan of hot water and bake in a moderately hot oven—350 degrees—until firm.

Add $1\frac{1}{2}$ squares melted chocolate or 4 tablespoons cocoa to the milk for chocolate custard. Omit one egg and add $\frac{1}{3}$ cup fine dry bread crumbs for a bread custard.

Creamy Rice Pudding

- | | |
|---|--------------------------------------|
| 1 quart scalded milk | 2 tablespoons butter or |
| $\frac{1}{3}$ cup rice | margarine |
| 1 teaspoon salt | $\frac{1}{8}$ teaspoon grated nutmeg |
| $\frac{1}{3}$ – $\frac{1}{2}$ cup sugar | |

Wash rice thoroughly in cold water. Add to the scalded milk with the salt and sugar and boil for 5 minutes. Pour into a deep pudding pan, add butter and nutmeg, and bake in a slow oven—250 degrees—about 2 hours. Stir the pudding several times. It may be cooked in a fireless cooker, allowing 3 hours, and using one disk heated to 250 degrees for the first 2 hours, then putting in a second disk to brown the pudding during the last hour.

Lemon Meringue Pie

- | | |
|-----------------------------------|------------------------------|
| $\frac{3}{4}$ cup sugar | 2 tablespoons butter or |
| 5 tablespoons cornstarch | margarine |
| $1\frac{1}{2}$ cups boiling water | 2 egg whites |
| Juice and rind of two lemons | 3 tablespoons powdered sugar |
| 2 egg yolks | |

Mix cornstarch, sugar, lemon juice, grated rind and beaten egg yolks. Add boiling water slowly, stirring constantly. Cook until thick and boiling, then add butter. Cool, fill a baked pie shell, and cover with a meringue made of the stiffly beaten egg-whites and powdered sugar. Brown meringue in a slow oven.

Pie Crust

1½ cups flour	½ teaspoon salt
½ cup shortening	⅓ cup iced water (about)

Mix and sift flour and salt. Rub in ¼ cup fat with a fork. Add water to make a stiff paste. Turn out on a lightly floured board and roll ¼ inch thick. Sprinkle with flour and 2 table-
spoons fat, cut in pieces. Fold in thirds, and roll out again to ¼ inch thickness.

Repeat folding and rolling two or three times, adding rest of fat during second rolling. Handle as quickly and lightly as possible, so that the crust will be light and flaky.

Rhubarb Gelatine

3 cups stewed rhubarb	3 tablespoons gelatine
Juice ½ lemon	¾ cup cold water
Grated rind of 1 lemon	Custard sauce or
¾ to 1 cup sugar	whipped cream

Mix rhubarb, sugar, lemon juice and rind, and heat to boiling point. Boil slowly until rhubarb is tender. Soak gelatine in cold water 5 minutes and stir into the hot rhubarb. Pour into a wet mold and chill. Turn out and serve with cream or custard sauce.

Lemon Cornstarch Whip or Snow Pudding

6 tablespoons cornstarch	Grated rind 2 lemons
¾ cup sugar	Juice 2 lemons
1½ cups boiling water	3 egg whites

Mix cornstarch with sugar and lemon rind, and add the boiling water. Cook, stirring constantly until thick and transparent. Continue the cooking for ten minutes, stirring occasionally.

Remove from the fire, stir in the lemon juice and the stiffly beaten egg whites. Beat the mixture with an egg-whip or a large fork until it is light and spongy. Pour into small molds rinsed with cold water, and chill before serving. Serve with a custard sauce.

Custard Sauce

1½ cups milk	3 tablespoons sugar
1 or 2 egg yolks	⅛ teaspoon salt
1 tablespoon cornstarch	1 teaspoon vanilla

Scald milk. Beat egg until light, add cornstarch and sugar mixed together. Pour hot milk slowly onto the egg mixture. Cook over hot water, stirring constantly until thickened. Cool, add vanilla and salt. Serve cold.

Blanc Mange

3 tablespoons cornstarch	1 pint scalded milk
⅓ cup sugar	¼ teaspoon salt
1 egg or 2 yolks	½ teaspoon flavoring

Mix cornstarch and sugar together. Add beaten egg and enough cold water to make a smooth mixture. Add scalded milk slowly, stirring constantly. Stir over a slow fire until the mixture thickens, then cook ten minutes longer in a double boiler. Remove from fire, pour into a cold, wet mold, and chill before serving.

Serve with cream or evaporated milk or a fruit sauce.

Strawberry Cream Pie

3 layers pie crust 9 inches in diameter	2 cups cream filling Strawberries
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Roll paste $\frac{1}{4}$ inch thick, cut in 9-inch circles and prick with a fork. Cut center from one round, leaving $1\frac{1}{2}$ inch ring. Bake in hot oven. Put cream filling between layers, place ring on top, and fill with strawberries or any fresh fruit.

Cream Filling

$\frac{7}{8}$ cup sugar	2 eggs
3 tablespoons cornstarch	2 cups scalded milk
$\frac{1}{8}$ teaspoon salt	1 teaspoon vanilla

Mix dry ingredients, add egg slightly beaten and pour on gradually scalded milk. Cook 15 minutes in double boiler, stirring constantly until thickened. Cool and flavor.

Gingerbread

1 cup shortening	$3\frac{1}{2}$ to 4 cups flour
1 cup sugar	1 teaspoon salt
1 cup molasses	1 teaspoon soda
1 cup sour milk or $\frac{2}{3}$ cup hot water	1 teaspoon each cinnamon and cloves
2 eggs	1 teaspoon ginger

Put shortening, sugar and molasses in a bowl and let stand over hot water or in a warm place until heated through. Mix and sift $3\frac{1}{2}$ cups flour, salt, soda and spices. Beat eggs and mix with the milk. Buttermilk may be used in place of sour milk. Beat shortening mixture until smooth, add eggs and milk, then sifted dry ingredients. When well blended, pour into well-greased pans and bake in a moderate oven—350 degrees—about 30 minutes. Cool slightly, cut in squares, and serve hot or cold.

Cranberry Pudding

$\frac{1}{3}$ cup butter or margarine	3 cups flour
1 cup sugar	$\frac{1}{4}$ teaspoon salt
2 eggs well beaten	$2\frac{1}{2}$ teaspoons baking powder
$\frac{2}{3}$ cup milk	2 cups cranberries

Cream the fat, add sugar gradually. Stir in beaten eggs and milk. Sift together the flour, salt and baking powder, and add to the liquid mixture. Beat until smooth, stir in the cranberries which have been washed and drained. Pour into a well-greased pudding mold, cover closely, and steam for 2 hours. Individual molds may be steamed for 45 minutes.

Serve hot with orange sauce.

Orange Sauce

1 cup hot water	$\frac{1}{3}$ cup sugar
Juice and grated rind	2 tablespoons cornstarch
1 orange	1 egg white

Heat water to boiling point. Mix sugar and cornstarch with a little cold water and stir into hot water. Cook 5 minutes, remove from fire, add orange rind, and pour onto the stiffly beaten egg white.

Serve hot.

Pineapple Pie

2 cups shredded fresh pineapple—or	Juice and rind 1 lemon
1 can sliced pineapple	2 egg yolks
$\frac{3}{4}$ cup sugar	2 egg whites
6 tablespoons cornstarch	3 tablespoons powdered sugar
$1\frac{1}{2}$ cups boiling water	

Mix pineapple and $\frac{1}{2}$ cup sugar and let stand 30 minutes. Mix cornstarch with rest of the sugar, beaten egg yolks and lemon juice and rind. Add the boiling water slowly, stirring constantly. Cook until thick and boiling. Remove from the fire, stir in the pineapple mixture and cool. Fill a baked pie shell with the mixture and cover with a meringue made by beating the egg whites with the powdered sugar until stiff. Brown the meringue in a slow oven, and serve the pie very cold.

If canned pineapple is used, use only $\frac{1}{2}$ cup sugar. Cut the pineapple into very small pieces, and use the pineapple juice in place of some of the water.

Orange Custard

2 cups milk	3 oranges
2 egg yolks	2 egg whites
2 tablespoons cornstarch	3 tablespoons powdered sugar
$\frac{1}{8}$ teaspoon salt	
$\frac{1}{3}$ cup sugar	

Scald milk. Beat egg yolks until light and add scalded milk, stirring constantly.

Mix cornstarch and sugar with a little cold water. Stir into the milk and cook until slightly thickened. Peel oranges, cut in small pieces, and place in a glass dish. Pour cornstarch over them. Beat egg whites until stiff, add sugar, and spread on top of custard. Brown slightly.

Lemon Tapioca

1 $\frac{1}{2}$ cups boiling water	$\frac{1}{3}$ cup lemon juice
$\frac{1}{4}$ cup minute tapioca	2 egg whites
1 cup sugar	1 teaspoon lemon rind

Stir tapioca into boiling water and cook until transparent. Add sugar and lemon juice and rind and cool. Fold in stiffly beaten egg whites. Chill and serve with custard sauce.

BEVERAGES

Raspberry Lemonade

Mix together the juice of 4 lemons and 1 cup raspberry juice, fresh or canned. Add 4 cups cold water and enough plain syrup to sweeten. Serve in tall glasses one-third full of finely cracked ice. Garnish with a thin slice of lemon or a sprig of fresh mint.

Orangeade (for 3 quarts)

Juice 8 oranges	1 cup boiling water
Juice 4 lemons	2 quarts cold water
1 cup sugar	Cracked ice

Mix sugar and boiling water and boil 5 minutes. Cool, add cold water and fruit juice. Serve in tall glasses with cracked ice and a half slice of orange in each glass.

Golden Cocktail

Put 1 cup sparkling cider or apple juice into a cocktail shaker with $\frac{1}{2}$ cup pineapple juice, 1 egg white, $\frac{1}{2}$ cup orange juice and 1 cup finely cracked ice. Shake hard for 2 minutes and strain into 6 chilled cocktail glasses. Serve at once.

Fruit Punch

6 oranges	1 pint grape or straw-
4 lemons	berry juice
1 pint tea	12 sprigs fresh mint
1 cup sugar	1 quart Apollinaris
1 cup hot water	

Mix fruit juices and tea. Boil sugar and water together 10 minutes. Separate mint and stir into hot syrup. Cool, add fruit juices and pour over a large piece of ice in a punch bowl. Just before serving add Apollinaris.

Fruit Cocktail

1 cup shredded pineapple	1 cup sliced peaches
$\frac{1}{2}$ cup stoned cherries	$\frac{1}{2}$ cup sugar
1 cup orange or grape- fruit pulp	$\frac{1}{3}$ cup water

Mix fruit together carefully. Boil sugar and water together for 5 minutes and cool. Pour cold syrup over fruit. Chill mix-

ture and serve 2 or 3 tablespoonfuls in glass cups as first course at luncheon or informal dinner.

Fruitade

1 cup raspberry juice	Juice 2 or 3 lemons
1 cup strawberry juice or grape juice	Juice 2 oranges
1 cup red currant or cherry juice	1 quart boiling water
	2 cups sugar
	Ice water

Boil sugar and water together for 5 minutes. Chill and add fruit juices. Dilute with ice water or serve in glasses half full of finely cracked ice.

Lime Crush

Mix the juice of 1 fresh lime with 1 tablespoon plain syrup. Add 1 teaspoon lemon juice. Put a long thin strip of lemon peel in a tall glass, half fill the glass with crushed ice and pour in the fruit juice mixture. Add cold water to fill the glass and mix lightly.

Serve with straws.

CHAPTER II

Menus Rich in Vitamines

These menus have been divided into four groups, suitable for spring, summer, fall and winter. The foods used in each have been selected as best suited to each season and as best representing those needed to supply vitamins in sufficient quantity to insure health.

Milk, eggs, green foods and fruits have been used to a large extent, and raw vegetables such as carrots, cabbage, celery, and onions in salads as often as possible. Salads have also been served as first course at dinner in place of soup. This insures the intake of vitamins before the appetite is satisfied.

Meat, as a rule, is used but once a day; use of left-over meats has been considered when a roast has been used and the glandular meat products—liver, kidney, sweetbreads, etc., have been included as a type of food rich in vitamin B.

Canned tomatoes, raw cabbage, lemon and orange juice have been used to a large extent in the winter menus to supply the antiscorbutic vitamin C, as at this season these are the least expensive source of this vitamin. Many other

foods contain it but are high in price in winter and hard to obtain.

Butter, although rich in vitamine A, is not suggested for cooking as the action of heat upon this vitamine is still under discussion and in most homes the question of expense renders its use impossible.

Baking soda should not be used in the cooking of vegetables, as the action of an alkali upon the vitamine content has been shown in some investigations to be destructive. This practise grew out of the idea that soda reduced the time of cooking by softening the cellulose. The saving of time is very little and if we lose food value there is not only no real saving but a grave danger of malnutrition.

All recipes have been planned to serve 6 people; recipes will be found for all the dishes marked * in the menus.

SPRING MENUS

Lunch

*Cream of asparagus soup. Saltines.

Cooked greens salad. Hot biscuits with butter and honey. Tea or milk.

Dinner

*Shredded carrot salad.

Pot roast with steamed potatoes and gravy.

*Creamed new onions. Bread and butter.

*Chocolate bread pudding. Coffee.

Lunch

Cheese toast with bacon garnish.

Fresh pineapple salad. Graham bread and butter.

Tea or cocoa.

Dinner

Lettuce and radish salad.

Meat pie (from left-over pot roast).

Mashed potatoes. Creamed peas and new carrots.

Lemon cream cake. Coffee.

Lunch

*Corn chowder. Saltines.

*Tomato and cabbage salad. Whole wheat bread and butter.

Baked apples. Tea or milk.

Dinner

Cream of tomato soup.

Fried oysters. Tartar sauce.

Mashed potatoes. Cold slaw.

Spinach. Bread and butter.

Rhubarb pie. Coffee.

Lunch

*Creamed fresh asparagus on toast.

*Graham nut muffins with butter.

Steamed rice with stewed fruit.

Dinner

Watercress and apple salad.

*Swiss steak. Baked potatoes.

Escalloped tomatoes. Bread and butter.

Fruit gelatine. Coffee.

Lunch

Spaghetti Italienne. Bread and butter.

Romaine salad. Saltines.

Chocolate blanc mange. Tea or milk.

Dinner

Omelet with creamed sweetbreads.

Fresh green peas with butter. French fried potatoes.

Graham or whole-wheat bread and butter.

Cabbage and green pepper salad.

Strawberries with custard sauce or cream. Coffee.

Lunch

*Cream of spinach soup with croutons.

Hot biscuits. Lettuce, radish and potato salad.

Honey. Milk or tea.

Dinner

*Cottage-cheese and olive salad.

*Stuffed roast shoulder of lamb. Creamed new carrots.

Browned potatoes. Bread and butter.

Saltine crackers. Fresh pineapple. Coffee.

Lunch

Egg salad with Russian dressing. Hot rolls and butter.

*Creamy rice pudding. Tea or milk.

Dinner

*Beet salad.

*Braised liver with gravy. *Creamed new onions on toast.

Mashed potatoes. Bread and butter.

*Lemon meringue pie. Coffee.

Lunch

- *Cream of vegetable soup with croutons.
- *Stuffed prune salad. Graham bread and butter.
Cream tarts. Tea or milk.

Dinner

- Romaine or mixed salad.
- Curried lamb with rice. Buttered string beans.
- New beets with sour sauce. Bread and butter.
- *Rhubarb gelatine with custard sauce. Coffee.

Lunch

- Fresh vegetable salad. Hot biscuits and butter.
- *Chocolate bread pudding. Tea or milk.

Dinner

- *Baked shad with lemon butter.
- Mashed potatoes. Creamed new cabbage.
- Spinach salad. Bread and butter.
- Strawberry shortcake. Coffee.

Lunch

- Cheese fondue. Hot rolls and butter.
- Fresh pineapple and celery salad.
- Cocoa or tea.

Dinner

- Watercress salad.
- *Veal cutlet with tomato sauce.
- New potatoes with butter and parsley.
- Creamed carrots and peas. Bread and butter.
- *Lemon tapioca whip. Coffee.

SUMMER MENUS

Lunch

Tuna fish salad. Graham bread and butter.
Raspberries with cream or custard sauce.
Iced cocoa.

Dinner

Tomato salad.
Broiled steak with lemon butter. New potatoes.
Creamed asparagus. Bread and butter.
Cherry pie. Coffee.

Lunch

*Cream of carrot soup. *Scalloped potatoes and corn.
Bread and butter. Tea.
Blackberries.

Dinner

Lamb chops. Creamed new potatoes.
Fresh peas with butter. Bread and butter.
Strawberry shortcake with cream. Coffee.

Lunch

Shrimp salad. Nut bread and butter.
*Fresh limeade. Chocolate layer cake.

Dinner

*Asparagus salad with vinaigrette sauce.
Smothered chicken. Buttered potatoes.
Molded spinach. Bread and butter.
Fresh pineapple. Coffee.

Lunch

Stuffed beet and string bean salad.
Graham muffins and butter.
Iced tea with lemon. Raisin cookies.

Dinner

Lettuce and radish salad.

Creamed chicken with rice.

Buttered fresh peas and carrots. Bread and butter.

*Blanc mange with crushed strawberries. Coffee.

Lunch

Baked tomatoes stuffed with corn.

Hot biscuits and butter. Radishes.

Black raspberries with custard sauce.

Dinner

*Cabbage salad with Russian dressing.

Cold boiled ham. Creamed new potatoes.

Beet greens or chard. Bread and butter.

Strawberry ice cream. Coffee.

Lunch

Sardine and tomato salad.

Graham or whole-wheat bread and butter.

Iced tea with lemon or lime.

Creamy rice with blackberries or apples.

Dinner

Cucumber or tomato salad.

Broiled or baked blue fish. Browned potatoes.

Creamed spinach with egg. Bread and butter.

Cherry pudding with whipped cream.

Lunch

*Pressed savory ham. Sweet pickles.

Lettuce sandwiches. Graham bread and butter sandwiches.

Iced cocoa. Cream puffs.

Dinner

Baked stuffed tomatoes. Creamed potatoes.
Boiled corn on cob. Bread and butter.
Cream cheese and green pepper salad.
Sliced peaches with custard sauce. Coffee.

Lunch

*Broiled lamb kidneys on toast.
Fresh vegetable salad. Bread and butter.
Lemon layer cake. Iced tea.

Dinner

Tomato salad.
Chicken fricassee. Boiled rice.
Asparagus with cream sauce. Whole-wheat bread
and butter.
Peach shortcake with whipped cream.

Lunch

Egg and spinach or chard salad.
Bread and butter sandwiches.
Fresh limeade. Oatmeal cookies.

Dinner

Mixed green salad.
Curried chicken with steamed rice.
Buttered beets. Bread and butter.
Apricot sherbet. Coffee.

Lunch

*Scalloped corn. Graham bread and butter.
Beet and cabbage salad.
Raspberries and sponge wafers. Iced tea.

Dinner

Cold boiled tongue. *Spaghetti with tomatoes and
mushrooms.

Cucumber salad. Graham bread and butter.
Lemon and pineapple pie. Coffee.

FALL MENUS

Lunch

*Corn chowder.
Hot rolls. Butter.
Cup cakes with grape sauce. Tea.

Dinner

Fricassee of lamb. Mashed potatoes.
Creamed turnips. Chili sauce. Bread and butter.
Peach whip. Custard sauce. Coffee.

Lunch

*Lima beans with tomato sauce.
Graham bread and butter.
Pear and celery salad. Tea.

Dinner

Celery and green pepper salad.
Fried liver and bacon. Mashed potatoes.
*Shredded cabbage and carrots. Bread and butter.
Peach Betty with cream. Coffee.

Lunch

*Creamed eggs on toast.
Tomato salad. Hot biscuits with butter.
Doughnuts. Tea or milk.

Dinner

Cold slaw salad.
Broiled ham. Milk gravy. Mashed potatoes.
Swiss chard. Bread and butter.
Baked quinces with cream.

Lunch

Escalloped clams and corn. Sweet pickles.

Whole-wheat bread and butter.

*Gingerbread with chocolate sauce.

Dinner

Roast beef. Gravy. Mashed potatoes.

Creamed celery. Bread and butter.

Spinach salad.

Apple dumplings. Lemon sauce.

Lunch

Cream of tomato soup with croutons.

Cheese soufflé. Bread and butter.

Jam tarts.

Dinner

Consommé with noodles.

Cold roast beef. Pickles. Creamed potatoes.

Buttered Brussels sprouts. Bread and butter.

Pineapple shortcake with custard sauce.

Lunch

Cheese fondue. Baked potatoes.

Corn muffins. Butter.

Waldorf salad. Tea.

Dinner

Veal fricassee with dumplings.

*Boiled kale. Creamed carrots.

*Lemon tapioca. Custard sauce.

Coffee.

Lunch

Creamed codfish on toast.

Whole-wheat muffins. Butter.

*Cabbage salad with Russian dressing.
Raisin cookies. Tea.

Dinner

Broiled steak with mushrooms.
Creamed potatoes. *Beets with sour sauce.
*Orange and raisin salad. Bread and butter.
Cream cheese and crackers. Coffee.

Lunch

*Broiled kidneys and bacon. *Hashed brown potatoes.
Bread and butter. Lettuce salad.
*Creamy rice pudding. Tea.

Dinner

Pork tenderloins. Candied sweet potatoes.
Escalloped tomatoes and onions. Apple sauce.
*Steamed cranberry pudding. *Orange sauce.

Lunch

*Creamed brains or sweetbread patties.
Green peas. Banana salad.
Crackers. Tea.

Dinner

Romaine and grapefruit salad.
Lamb chops. Baked potatoes.
Cauliflower with tomato sauce.
Sponge cake. Coffee.

Lunch

Cream of spinach soup with croutons.
Waffles with honey. Tea or milk.

Dinner

Cabbage and celery salad.
 Stuffed shoulder of lamb with roast onions.
 Creamed turnip. Mashed potatoes.
 Bread and butter. Coffee.
 Fruit gelatine.

WINTER MENUS

Lunch

*Parsnip chowder. Crackers.
 Hot biscuits with butter and honey.
 Tea or cocoa.

Dinner

*Jellied tomato and celery salad.
 Roast loin of pork with baked apples.
 *Sweet potato soufflé. Creamed cauliflower.
 Cream cheese and crackers. Coffee.

Lunch

*Escalloped corn and tomatoes.
 *Corn muffins. Butter.
 Boiled rice and apples with milk or cream.

Dinner

Pineapple salad.
 Liver and bacon. Mashed potatoes.
 Creamed celery. Bread and butter.
 Lemon pie. Coffee.

Lunch

*Bean soup. Bread and butter.
 *Orange and prune salad. Tea or cocoa.

Dinner

Tomato jelly and cabbage salad.
Curried pork. Boiled rice. Spinach.
Spanish cream with sliced oranges.

Lunch

Cream of potato soup.
Shrimp salad. Hot biscuits with butter.
Honey. Tea.

Dinner

Pot roast with gravy. Mashed potatoes.
Brussels sprouts. Bread and butter.
Steamed oatmeal pudding. Lemon sauce.
Coffee.

Lunch

*Baked sweet potatoes, apples and bacon.
Corn muffins. Butter.
Orange gelatine. Custard sauce. Tea.

Dinner

*Shredded carrot and celery salad.
Spanish beef with boiled rice and creole sauce.
Buttered beets. Bread and butter.
Chocolate bread pudding with cream sauce. Coffee.

Lunch

Minced beef on toast.
Beet and cabbage salad. Saltine crackers.
Apple cake. Tea.

Dinner

Veal birds with gravy.
*Celery, creole style. Mashed potatoes.
*Pineapple pie. Coffee.

Lunch

- *Beets with cream sauce and Parmesan cheese.
- Hot biscuits. Butter.
- Waldorf salad. Saltine crackers. Cocoa.

Dinner

- Chicken fricassee with dumplings.
- Creamed carrots. Browned sweet potatoes.
- Celery. Bread and butter.
- Apple pie. Cheese. Coffee.

Lunch

- *Cream of chicken soup with rice. Bread and butter.
- Asparagus salad. Crackers.
- Tea or cocoa.

Dinner

- *Cabbage salad with Russian dressing.
- *Broiled codfish. Egg sauce.
- Mashed potatoes. Spinach or kale.
- Orange charlotte. Coffee.

Lunch

- *Spaghetti Italienne.
- Corn muffins. Butter.
- Prune and tangerine salad. Tea or cocoa.

Dinner

- Waldorf salad.
- Roast lamb. *Glacéd onions.
- Creamed parsnips. Browned potatoes.
- Bread and butter. Coffee.

Lunch

- Escalloped potatoes and onions.
- Hot biscuits. Butter. Celery.
- Caramel custard. Tea.

Dinner

Cream of tomato soup.

*Lamb reheated with currant jelly sauce.

*Potato soufflé. Spinach.

Bread and butter.

Sliced oranges with coconut. Coffee.

Lunch

*Coddled codfish. Baked potatoes.

Hot biscuits with butter.

Pineapple salad. Tea or milk.

Dinner

Clear tomato soup.

*Baked beans. Celery.

Brown bread and butter.

Pumpkin pie. Coffee or tea.

Lunch

*Spinach with poached eggs.

Bread and butter.

*Orange and prune salad.

*Gingerbread. Tea or milk.

Dinner

Romaine salad with French dressing.

Roast beef. Browned potatoes.

*Baked corn and tomatoes.

Bread and butter.

*Cranberry pudding. *Orange or hard sauce.





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